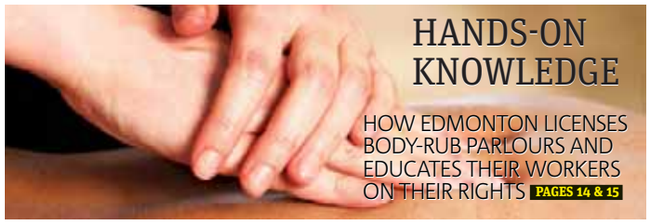
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HOW EDMONTON LICENSES BODY-RUB PARLOURS AND EDUCATES THEIR WORKERS ON THEIR RIGHTS PAGES 14 & 15

Calgary in 'so much sorrow'

Officer's son charged with five counts of murder PAGE 12 & 13

Sid does not Kid around

As long as there's a cup or medal to be won, he'll go for it with full force PAGE 27

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Halifax gets a 'bold' new look

Branding. Councillors unanimously approve, though loss of 'HRM' title raises an eyebrow



RUTH DAVENPORT
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The "visual identity" of the city formerly known as HRM was unveiled Tuesday, moments after regional council unanimously approved a new branding strategy.

"Anything different will take you out of your comfort zone. A new logo needs time to germinate and grow on you," said Revolve Inc. CEO Phil Otto as the new look appeared on screen in the council chambers.

"The strength of our recommended logo is in its simplicity, and its simplicity makes a bold statement."

The logo was the final piece of the brand strategy that was debated Tuesday afternoon.

Otto, whose Bedford-based firm won the contract to develop the new brand last fall, walked council through the extensive public consultation that resulted in the "brand promise" — Halifax: Be Bold.

Councillors were positive, though Coun. Gloria McCluskey questioned the decision to do away with the title of "Halifax Regional Municipality."

"I think we're a great municipality, and if it wasn't for all the parts, Halifax wouldn't be a great city," she said.

McCluskey also asked Greater Halifax Partnership CEO Paul Kent to explain how the new brand would change marketing strategies.

"What it reflects is agreement on the important ingredients of Halifax and our aspirational goals as well," said Kent. "It will take the efforts we've been applying for years and augment them and add value to them."

Mayor Mike Savage gave up the chair to speak emphatically in favour of the new brand strategy, saying that as the self-professed "marketer in chief" of the city, it gives him something to work with.

"I'm telling you, this stuff matters. This will help to sell this community, this will allow us to do all the things that we want to do and it doesn't diminish any of us," he said. "I'll be a Westphal guy, I'll be a Dartmouth guy, I'm a Halifax guy."

Contract

$217K

Revolve Inc. won the $217,000 contract to develop the new brand last fall.

HALIFAX

The new Halifax logo. CONTRIBUTED



IMPOSSIBLE, YOU SAY?

Motivational speaker Spencer West, who climbed Mount Kilimanjaro without legs, speaks during a We Are Change event at Prince Andrew High School in Dartmouth on Tuesday. West was in town as part of a cross-Canada tour encouraging youth to make a difference. Story, page 8. MITCH WARD/FOR METRO



Actor portrayal

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Temporary sign bylaw to see more changes

Eight years coming. Councillors approve several amendments to draft bylaw



RUTH DAVENPORT
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A mobile sign along Windsor Street in Halifax on Tuesday. JEFF HARPER/METRO

A new temporary sign bylaw eight years in the making will need a few more months before it's ready for first reading.

The draft bylaw, which governs mobile, box, inflatable and election signs as well as sandwich boards and banners, came to regional council's Committee of the Whole on Tuesday.

City staffers said it makes several changes to the original 2006 bylaw clarifying which signs can be used on private and municipal property, by whom and for how long.

One of the first changes addressed was the time limit of 60 days on signs for community events.

"I feel it's still relatively restrictive to community groups who are out there volunteering," said Coun. Brad Johns, before tabling an amendment to remove the limit.

Councillors eventually agreed the limit would stay unless the community group used a planter box sign, which could remain in place for a year.

Councillors also asked for amendments governing the use of banners on commercial properties, and a report on the esthetic standards of mobile signs and box planters.

There was also considerable discussion about advertising posters that are attached to utility poles, and why they aren't banned.

"Posters are considered ... to be a method of freedom of expression," said solicitor and bylaw coordinator Donna Boutilier. "Over the years, the courts have very clearly stated that ... they take a very dim view to limiting that freedom of expression."

Quoted

"This started as an individual didn't like the looks of them, and then it steamrolled and snowballed from there and here we are." Coun. Steve Adams.

A similar argument arose when councillors asked about limiting election signs in residential neighbourhoods. City solicitor John Traves told council that would be viewed as an unreasonable limit on political freedom of expression.

"I just can't believe that we can't find something to put in the bylaw to say, 'Thou shall not,'" said Coun. Bill Karsten. "We have a streets bylaw that basically says to residents, 'Thou shalt look after that space.' I'm going to be telling residents to pull that sign out and heave it in the garbage."

Council approved an amendment — despite a caution from Traves — to ban election signs on the municipal right of way between the sidewalk and street curb.

Staff will report back to council with the relevant changes and reports by July.

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Stormwater. Two new charges under discussion


Coun. Brad Johns. JEFF HARPER/METRO

Halifax Regional Water Commission officials came to regional council to talk about one stormwater charge, and council passed a motion dealing with another.

The water commission's CFO and senior engineer gave council an overview of the new stormwater runoff charge that's caused some controversy since early April, when residents who'd never been Halifax Water customers got a bill.

CFO Cathie O'Toole told council the fee, approved in last year's rate hike application, covers the maintenance of stormwater infrastructure, including ditches, catch basins and culverts.

She said people who have received a bill and feel they don't receive the service can ask the utility to review it.

"Set those stormwater bills aside if you want to wait until the appeal is done," she said. "There will be no collection activity and we're not applying interest to those accounts."

After the presentation, Coun. Brad Johns tabled a motion to have a review of the possibility of using the annual dividends HRM receives from Halifax Water to offset the cost of another new stormwater charge.

"The dividend was going previously to offset water rates and service rates to people who were receiving services," he said. "Now the majority of the municipality is paying this stormwater charge, and will soon be paying the right-of-way charge. It only seems fair to me that they should benefit from the dividend as well."

Staff will provide a report on options for offsetting the cost of that fee in time for next year's budget deliberations.

RUTH DAVENPORT/METRO

Malala. King's College to grant honorary degree

The University of King's College in Halifax will confer an honorary degree to Malala Yousafzai, the campaigner for girls' education who survived being shot in the head by the Taliban.

The university says the 16-year-old won't attend the ceremony due to her studies in England but she will be granted the honour on May 15.

Gov.-Gen. David Johnston, former Nova Scotia premier John Hamm and former senator Michael Meighen will also be among those receiving honorary degrees as the liberal arts university marks its 225th anniversary.

Assassination attempt

Malala Yousafzai's efforts to improve education for girls and women gained world attention in 2012 after she survived a Taliban assassination attempt.

Dr. Carol Ann Charlebois will also receive an honorary degree for her work as executive director of Metro Non-Profit Housing, an organization that provides homes for people with health and other challenges. THE CANADIAN PRESS

Cape Breton Highlands

Snowmobilers reported missing safe and sound

Police have found two snowmobilers who were reported missing in the Cape Breton Highlands.

The RCMP say their preliminary investigation shows that both men, a 35-year-old from Halifax and a 54-year-old from Iona, had accidentally flipped their snowmobiles.

The Mounties say one of them walked out to a Natural Resources Department office in the Cheticamp area around 1:30 p.m. Tuesday.

The other was held up in a cabin due to injuries.

Officers say he was taken to a local hospital but his injuries are not considered life-threatening.

The men left Middle River on Monday morning en route to Cheticamp, about 67 kilometres away, when they were reported overdue.

THE CANADIAN PRESS


Maj. Marcus Brauer in Nova Scotia Supreme Court in Halifax last Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

'Community' loophole in soldier's housing

Compensation. Judge reserves his decision for Maj. Marcus Brauer

The definition of a single word — community — is at the heart of an unusual case involving a Canadian soldier seeking compensation to cover the $88,000 he lost on the sale of his home when the military forced him to move from Alberta in 2010.

Maj. Marcus Brauer, who now lives in Halifax, appeared Tuesday in Federal Court to ask Judge Richard Mosley to order the Treasury Board Secretariat to review its decision to grant him only $15,000 in compensation.

Brauer's lawyer, Daniel Wallace, argued that Ottawa should have covered all of his client's losses because there is a policy in place offering financial protection for military members forced to move from depressed housing markets.

"This was a devastating financial blow for Maj. Brauer," Wallace said.

Wallace told the court that housing prices in Bon Accord, Alta., dropped 23 per cent during the three years Brauer lived there, which is three percentage points above the threshold that defines a depressed market in the military's relocation policy.

But the Treasury Board Secretariat decided Brauer wasn't living in a depressed market when he moved, arguing the municipality was actually part of Edmonton, where housing prices had dropped just 2.9 per cent.

In court, Wallace cited the exact wording of the policy: "Depressed market, as defined by Treasury Board Secretariat, is defined as a community where the housing market has dropped more than 20 per cent."

The problem, said Wallace, is that the word community is not defined in the policy.

"The employer is trying to benefit from this ambiguity," Wallace told the court, suggesting that by lumping Bon Accord in with Edmonton — 40 kilometres to the south — the Treasury Board Secretariat ignored its own policy in a bid to save some money.

Wallace said Bon Accord is an incorporated town with its own mayor, boundaries and a population of 1,500.

But the government's lawyer, Susan Inglis, said the government defines a community as a group of people "held together by economic bonds."

In court documents, the federal government argued: "It is not unreasonable to consider a town 'minutes' away from a major urban centre as part of its suburban area and 'community.'"

THE CANADIAN PRESS

'Collecting cans'

- Outside the court, Maj. Marcus Brauer said his family, which includes five children under the age of 14, is in desperate financial shape.
- "I've been collecting cans to make ends meet," he said, adding that he tried to pawn his wedding ring and medals, but his wife bought them back.

Temperatures expected to plummet

Apparently, the warm weather was just too good to be true.

Environment Canada issued a special weather statement for the Halifax Regional Municipality on Tuesday as temperatures are expected to plummet during the day on Wednesday.

The statement says that rain ahead of a cold front coming to the region Wednesday could change to freezing rain or ice pellets, followed by light snow over eastern and northern sections of the province.

Winds will also shift from the southwest to the colder northwest direction.

The official forecast for Halifax is calling for rain on Wednesday, with temperatures dropping from a high of 13 C to 3 C in the afternoon. Wind gusts could reach as high as 80 kilometres per hour.

Overnight on Wednesday into Thursday, temperatures are forecast to drop below freezing. METRO

Forecast isn't bright

Environment Canada is advising people to check on future forecasts as weather warnings are possible.

Dartmouth

Second arrest made in iPhone robbery

Police say a 26-year-old man has been arrested in connection to a December iPhone robbery in Dartmouth.

Officers responded to a call on Nantucket Avenue on Dec. 2 when a 23-year-old man said he was approached by someone while he was using his iPhone, who then grabbed the device and ran off with it. Police say another person then punched the victim in the head, causing him to fall to the ground.

An 18-year-old man was charged with robbery on Dec. 3. The second man, arrested Monday after turning himself in, is charged with robbery and possession of stolen property under $5,000. METRO

Suspects nabbed

Men charged after copper theft

Halifax RCMP have arrested two men after a robbery of copper wire from a Nova Scotia Power compound in Upper Musquodoboit.

Police responded to a report of a break and enter at the compound on Highway 336 on Monday around 9 p.m.

Two men, a 21-year-old from Pugwash and a 19-year-old from Westchester Station, were arrested and the spools of wire were seized by police.

Both men are facing charges of theft and break and enter.

They are due in court at a later date. METRO

Blaze

No injuries after apartment fire in Amherst

About 30 people were left temporarily homeless after flames shot out of an apartment in Amherst on Monday night.

The fire started at about 8:30 p.m., and was contained to an apartment on the second floor. Although the fire didn't spread, smoke could be seen throughout the building.

"My daughter and me had gone to the store and we just pulled in, and the apartment below ours was on fire," said Darlene Melanson, who lives on the third floor directly above the fire. AMHERST DAILY NEWS

Gang sex assault not uncommon, expert says

In the HRM. Jackie Stevens says victim usually close with attackers

The executive director of the Avalon Sexual Assault Centre in Halifax says the crime of gang sexual assault may be more prevalent than most of us would think in HRM.

The issue of gang sexual assault has been brought to the forefront after Doreze Marvin Beals and Andre Jerome Gray were arrested in relation to a 15-year-old girl being allegedly held against her will and sexually assaulted in a North Preston home last week.

The North Preston men, both 18-years-old, face numerous charges, including gang sexual assault.

"In a lot of these situations it's peers, people that you go to school with, you know, you trust, you think they're your friends or they're people you're acquainted with through other friends." Jackie Stevens said, adding most cases she sees that involve gang sex assault occur when a young victim feels they are in a friendly environment.

"There seems to be a commonality of people going to parties where there may have been alcohol facilitated sexual assault or the victim was sexually assaulted while under the influence and in those cases it tended to be multiple perpetrators," she said.

Halifax RCMP spokesman Cpl. Scott MacRae said gang sexual assault refers to "more than one person involved in a sexual assault of a victim."

He said in the North Preston case, investigators continue to consider the possibility the victim was going to be forced into prostitution. "All motives would be on the table for investigation, but they (police) certainly will look at the possibility of this being linked to prostitution or trying to procure somebody into prostitution," he said.

Stevens said what stands out for her in this case is the charges "acknowledge the reality and the severity of sexualized violence."

SCOTT MACINTOSH/FOR METRO



Students simulate drunk driving with goggles and golf cart

Shaye Harnish, left, and Julia Parker drive a golf cart over a pylon on a closed course at Grandview Golf Course on Thursday. The students were wearing goggles that simulate driving while impaired during an RCMP awareness event. JEFF HARPER/METRO

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Olympian Clara Hughes rides for mental-health awareness



Olympian Clara Hughes speaks at the Let's Keep Talking event at Citadel High School on Tuesday. MITCH WARD/FOR METRO

Clara's Big Ride. Cyclist, speedskater stops off at Citadel High School to start the conversation

CHRISTINE BENNETT
halifax@metronews.ca

A wind-burnt Clara Hughes rode into Halifax from Truro on Tuesday — a 106-kilometre jaunt she said was no easy feat thanks to the strong breeze she faced as part of Clara's Big Ride.

Hughes, six-time Canadian Olympic speedskating and cycling medallist, is biking a total of 12,000 kilometres across Canada, stopping into 95 communities over a period of 110 days to raise awareness of mental illness.

Hughes struggled with depression as a young athlete and feels that she's very lucky to have had the support she needed, but she feels she's an exception to the rule.

"Everybody around me rallied to bring me back, to make me stronger, to have me win again for my country," Hughes said in the Spatz Theatre at Citadel High School on Tuesday night. "I don't think that's the case for the woman that works at the hospital.... I know it's not the case because people tell me their stories day in and day out."

At the event presented by the Mental Health Foundation of Nova Scotia, Hughes encouraged people to become part of the conversation and help end stigma around mental illness.

"As long as we put one foot in front of the other and never give up, I think we're kind of going somewhere right now," she said.

The event also included live art, dancing, poetry and music.

Artist Ingrid Cottenden showcased her work while highlighting the value of local art project Outsider Insight, which is organized by, created by and targeted towards artists who are mental health consumers.

Gavin Quinn, project coordinator for Outsider Insight, was in the audience to support Cottenden.

Quinn said he's been living with mental illness for over 10 years, and this project has given him a lot of direction and purpose.

"Over the last six months, I've been more healthy than I've ever been," he said.

In the dark

"So many people in my life have struggled ... with mental illness.... It's something I think connects us all." Clara Hughes

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Chebucto West Community Health Board

Striking Halifax nurses could face discipline

Nurses who walked off the job before they were in a legal position to do so earlier this month are being asked to explain their actions, Nova Scotia's largest health authority said Tuesday.

John Gillis, a spokesman for the Capital District Health Authority, said meetings have been scheduled with about 150 unionized registered nurses to discuss their roles in an illegal strike April 1.

The Nova Scotia Labour Board issued a cease-and-desist order later that day after some nurses did not report for their shifts, which forced the cancellation of dozens of surgeries as tensions rose ahead of a legal strike that was ended by essential-services legislation three days later.

Gillis said following the meetings that hospital officials will review the facts to determine whether discipline is warranted. He said there are no pre-determined disciplinary actions.

"We communicated to members ahead of the illegal strike about potential consequences of breaches of the collective agreement," said Gillis in an email.


NSGEU President Joan Jessome
JEFF HARPER/METRO

He said activities that will be investigated include whether union members failed to show up for a scheduled shift or whether they were genuinely ill when some called in sick.

Gillis said disciplinary measures could include suspensions or letters of reprimand.

Interim NDP Leader Maureen MacDonald raised the issue in the legislature Tuesday, saying the authority shouldn't act in a way that will worsen morale and damage work relations with its nurses after their contract dispute.

Outside the house, MacDonald said nurses don't believe their concerns are being addressed.

"I can't see this process repairing what clearly is a relationship that is tenuous at best," said MacDonald.

But Premier Stephen McNeil said the issue is for the workers and their employer to sort out.

"Clearly anyone knows that if you are taking illegal job action there's consequences to that," McNeil said.

Joan Jessome, president of the Nova Scotia Government and General Employees Union, which represents 2,400 nurses in the Halifax area, said the move by management is an unnecessary intimidation tactic.

"This was a bad experience for a lot of people," said Jessome. THE CANADIAN PRESS

Back to the table

"Let's get over it and see what we can do to mend the relationship."
NSGEU President Joan Jessome

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Students asked to keep breaking down barriers

We Create Change. Speakers challenge active students to keep up their good works

CHRISTINE BENNETT
halifax@metronews.ca

Spencer West was able to captivate over 1,000 students very quickly when he began speaking to them on Tuesday afternoon.

"I thought maybe I would start by addressing the elephant in the room. No, your eyes aren't deceiving you: this is a new shirt," he said from his wheelchair to a room full of laughter.

"And, of course, I don't have any legs," he added.

West visited Prince Arthur High School as part of the We Create Change Tour, an initiative by Free the Children, which began April 11.

Students from more than 30 local schools gathered to celebrate the actions they've taken to ensure their peers overseas have access to education.



Toronto's Hannah Alper, 11, speaks on Tuesday. MITCH WARD/FOR METRO

Test your limits

"If I can do those things, we all have the opportunity to redefine what's possible."

Legless traveller and motivational speaker Spencer West

Throughout the year, students have been supporting Free the Children's Year of Education initiative with the We Create Change campaign, a Canada-wide coin drive, among other fundraising.

West, who's been a speaker with Free the Children for six years, lost his legs at the age of five and was told he would never sit up by himself or be a functioning member of society.

Now, at the age of 33, he's climbed Mount Kilimanjaro and embarked on a 300-kilometre walk on his hands and in his wheelchair from Edmonton to Calgary.

He has raised over $500,000 with these expeditions.

West encourages youth to keep pushing and breaking down barriers, proving to the world that they can be powerful in what they do.

"If I can do those things, we all have the opportunity to redefine what's possible for ourselves and for others," he said.

West, along with 11-year-old activist Hannah Alper and Much Music Video Award-nominated Canadian group Neverest will take their 10-week road trip across nine provinces, making 90 stops.

Alper began a blog at the age of nine to share her concern for the environment and then became involved in other causes.

Some might think speaking to thousands of people would be too much for the 11-year-old, but she disagrees.

"If I didn't like doing this or didn't like speaking or wasn't passionate about any of the issues like I am now, I wouldn't be doing this. But I am. It can be overwhelming, but it's always worth it," she said.

Last year, Canadians raised over $1.4 million through the We Create Change campaign, providing clean water for life for more than 56,000 people.

Struggle and reward

"If I didn't like doing this or didn't like speaking ... I wouldn't be doing this. But I am. It can be overwhelming, but it's always worth it."

11-year-old activist Hannah Alper



Members from Canadian band Neverest, motivational speaker Spencer West and 11-year-old activist Hannah Alper share the stage at Prince Andrew High School in Dartmouth on Tuesday. JEFF HARPER/METRO

More online

For a video of Spencer West's opening to his speech Tuesday, visit metronews.ca/halifax

New ferry arrives in Yarmouth



The passenger ferry Nova Star arrives in Yarmouth on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

A new ferry that will carry passengers and vehicles between southwestern Nova Scotia and Maine arrived in Yarmouth on Tuesday.

The vessel is scheduled to begin making daily, round-trip crossings between Yarmouth and Portland on May 15, with trips continuing until Nov. 2.

The province cut funding for a previous ferry in 2009, and the service's return is seen by local businesses and politicians as crucial to the area's tourism industry.

The new service is being operated by Nova Star Cruises, which has signed a seven-year lease agreement with the Town of Yarmouth for the use of its ferry terminal.

The provincial government has committed $21 million over seven years to support the service.

Public tours of the 161-metre ferry are scheduled for Wednesday.

The vessel arrived after a month-long, 16,000-kilometre journey from Singapore, where it was built. The ferry can carry 1,215 passengers and hold 336 automobiles.

THE CANADIAN PRESS

Alcohol. Province lays out self-brewing legislation

Nova Scotia u-vint and u-brew businesses would be able to make wine and beer inside stores under legislation introduced Tuesday.

The issue flared up a year ago when Nova Scotia Liquor sought a court order to prevent the owners of Wine Kitz Halifax and Water 'n' Wine in New Glasgow from producing in their shops.

The previous NDP government later ordered Nova Scotia Liquor to drop the case in the face of public backlash.

Finance Minister Diana Whalen says the government is drafting regulations that will be brought forward next month for review and feedback by the industry. THE CANADIAN PRESS

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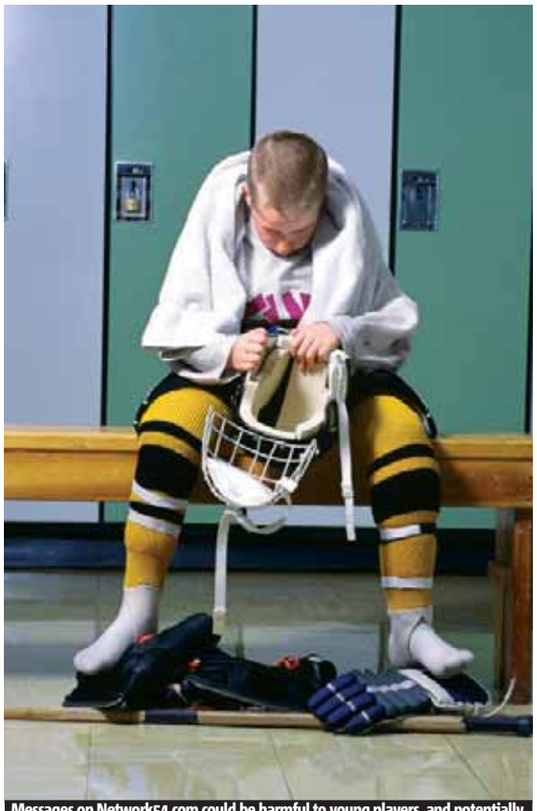
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Messages on Network54.com could be harmful to young players, and potentially influence their decision to stay in the game, an expert says. GETTY IMAGES

Hockey parents take to forums to criticize kids

Online forums. Ontario hockey forums are awash with nasty comments from parents criticizing young players

"How can a fat, out of shape dad have a kid who is a real athlete? Not likely."

Hockey parents in Ontario have taken to an online forum to bully young players with nasty comments such as the one above, and back-and-forth banter harshly criticizing their skill.

Network54.com is a free message board website filled with everything from basketball and hockey tryouts to video game forums, but several threads posted by Ottawa hockey parents have gotten downright nasty.

One post criticizes an elite-level teenaged female AA hockey player, arguing she doesn't belong on a certain Ottawa hockey team.

"But Daddy and Mommy have pumped her head up so much that she can barely get a helmet on," the anonymous post read. Another thread entitled "AA parents who think their kids is AAA" calls out another young player as getting a "free ride," on a AAA team.

"What you have is a loser kid who can't make a team on his own merit," one post read.

Others were so shocking they were not fit to print.

Ontario Hockey Federation (OHF) executive director Phillip McKee has been aware of the site for years, but because it's anonymous and based out of California, there is nothing his organization can do.

McKee said that the OHF has suspended parents and players in the past for making inappropriate remarks via Twitter or Facebook.

Hockey parent and coach Sam Seymour has three children who play hockey — one who plays AAA in the Outaouais. He said there are similar sites in Quebec and the nasty banter is just as ugly on those sites. He noted he would hate for parents to be talking about his children the way they have been about others.

"The interactions in the rinks are crazy enough that I don't know why we want something else to facilitate it," said Seymour.

Metro set up an account on the site and reached out to the parents, but nobody came forward.

The Ontario Minor Hockey Association is introducing a mandatory "Respect in Sport" for hockey parents in the province for the 2014-15 season and although Seymour said awareness is never a bad thing, he's not so sure it will change much.

"Taking a course doesn't change a person's innate behaviour, but hopefully it makes them more aware and I think people are becoming more aware of where the lines are," he said.

TREVOR GREENWAY/METRO IN OTTAWA

Sports psychology

Impacting confidence

An Ottawa developmental psychology professor says a hockey forum for parents that targets young players could be the trigger that makes them leave the game.

Associate Professor Anne Bowker, at Carleton University, did a study on hockey parents five years ago, attending 70 games and noting what parents were saying. While most parents were positive with a "small minority" of aggressive parents shouting. She added that parents expressing negative comments can impact how kids feel about themselves and whether they continue to play. TREVOR GREENWAY/METRO IN OTTAWA



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RCMP not charging PM's former chief of staff in Senate scandal

RCMP officials say Nigel Wright, former chief of staff to Prime Minister Stephen Harper, won't face criminal charges in connection with the ongoing Senate expenses scandal.

Wright resigned as Harper's right-hand man after it was disclosed he wrote a personal cheque for $90,000 to Mike Duffy to allow the disgraced former senator to repay disallowed housing expenses.

Investigators now say the evidence gathered "does not support criminal charges" against Wright.

In a statement distributed Tuesday by lawyer Peter Mantas, Wright sounded a note of vindication.

"My intention was to secure the repayment of taxpayer funds. I believed that my actions were always in the public interest and lawful," Wright said. "The outcome of the RCMP's detailed and thorough investigation has now upheld my position."

The news also prompted a brief statement Tuesday from the Prime Minister's Office.

"We are pleased the RCMP has made progress in their work," it said. "The Prime Minister's Office will continue offering every possible assistance to the RCMP's investigation."

THE CANADIAN PRESS





Calgary police talk to potential witnesses regarding the multiple fatal stabbings

'Worst mass in Calgary's

Celebration turns into tragedy. Cop's son charged as city reels from house party stabbing spree that left five people dead

The son of a senior Calgary police officer has been charged with five counts of first-degree murder in connection with the stabbing deaths of five young people, believed to have been celebrating the end of the University of Calgary's winter semester.

"This is the worst mass murder in Calgary's history," Calgary Police Chief Rick Hanson told reporters on Tuesday.

The suspect, 22-year-old Matthew Douglas de Grood, is the son of a 33-year member of the Calgary Police Service, confirmed as Insp. Doug de Grood. Hanson told reporters he spoke with the suspect's father, who said he and his wife are heartbroken.

"They are now feeling so much sorrow … Those young people are dead and they are absolutely devastated."

Police officers were first called to a house party in the city about 1:20 a.m. Three people were found dead at the scene, while two more died in hospital.

Hanson said the victims included a 22-year-old man, a 23-year-old woman, two

Stabbing victims were



Josh Hunter, left, and Zackariah Rathwell, third from left, were identified as among five killed in Calgary. FACEBOOK

Friends have identified two victims in the quintuple fatal stabbing Tuesday in Calgary.

Zackariah Rathwell and Josh Hunter, both members of the band Zackariah & The Prophets, died of stab wounds inflicted during a house party early Tuesday.

"All I want to say is they



in Calgary on Tuesday. LARRY MACDOUGAL/THE CANADIAN PRESS

murder history'

In shock

"This is not something that happens here."

Calgary Mayor Naheed Nenshi

23-year-old men and a 27-year-old man. An EMS spokesperson said at least one other partygoer was injured, but was taken to hospital in stable condition.

A Facebook page under the name Matt de Grood said he completed a psychology degree from the University of Calgary last year and had been accepted into the school's law program for the fall.

The last posting was Monday night: "Dread and the fugitive — the world needs a hero," a reference to a song and album from the thrash-metal band Megadeath.

Elsewhere, four people have been injured in a apparently random stabbing incident at a downtown shopping centre in Regina. Police say three people were taken to hospital and one person was treated at the scene and released. Police say a male youth is in custody.

JEREMY NOLAIS, ROBSON FLETCHER & BRYAN WEISMILLER/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS

'legendary musicians'

were my little brothers and I love them so much and I'll never be the same without them," said Kyle Tenove, who played in the band with the victims. "They were the best guys I've ever met and legendary musicians."

The band had just played an EP-release party over the weekend at Calgary's popular Palomino Smokehouse.

Reached at their home in Priddis, Alta., Tuesday, the Hunter family declined to speak publicly about Josh.

"Nothing to say right now," a woman who identified herself as Kelly Hunter said.

JEREMY NOLAIS, ROBSON FLETCHER & BRYAN WEISMILLER/METRO IN CALGARY

Saskatchewan. Right-wing activists arrested handing out literature at university

A pair of controversial political activists — one an American who opposes gay rights, the other a Canadian who opposes abortion — have been arrested at the University of Regina.

Police approached Peter LaBarbera and Bill Whatcott as they were handing out pamphlets on campus Monday, telling them to leave or be arrested.

After some discussion, the pair refused to move and officers took them into custody. Both were charged with trespassing, but the charges were later changed to mischief.

THE CANADIAN PRESS/CJME

Investigation launched

More than 60% of female inmates on mood-altering medication

Canada's prison watchdog has launched an investigation into the prescribing practices in federal prisons, after it was revealed that more than 60 per cent of female inmates across the country are receiving psychiatric medication.

A joint investigation by The Canadian Press and CBC has learned that in August 2013, of 591 female federal inmates in five correctional institutions, 370 were being prescribed at least one psychotropic medication —drugs that impact mood and behaviour.

When separated by region, the prescription rate jumps to almost 75 per cent in some prisons.

THE CANADIAN PRESS



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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Sex ed: City-run class all about knowledge

For Day 2 of our three-part series, Metro Canada takes a look at how Edmonton has been actively regulating 42 massage parlours in its jurisdiction, with rules about their location, hours of operation and even requiring those who work there to complete a city-run class. We also find out what a massage therapist thinks about establishments that offer rubs, tugs and sometimes more



RYAN TUMILTY
Metro in Edmonton

Every two weeks, another 10 to 15 women join Edmonton's sex trade.

In a city-run information course, they take the last step towards being licensed to work in one of Edmonton's body rub parlours.

After a criminal record check is complete they take part in the three-hour class and become licensed to work in one of the parlours. Sarah Croll, a municipal enforcement officer, is part of the group that oversees these classes that she says give out fundamental information sex workers need.

"Knowledge is really important for those who have either never worked in the industry before or workers who just were never told," she said.

In addition to tutorials on bylaws and provincial employment standards, class attendees can also get tips on declaring income and taxes.

Kate Quinn, from Edmonton's Centre to End All Sexual Exploitation, says the class is a way of making sure the women entering the parlours know their rights.

"We are able to inform them about what they are getting into, so kind of eyes wide open, these are the realities and here are some facts," she said.

Quinn said women entering the sex trade often don't understand that they have rights.

"You have the right not to be sexually assaulted and this is what sexual assault looks like," she tells the women in the class. "You have rights if you become a victim of crime."

Croll regularly visits the city's licensed parlours to introduce herself to women in the industry, hopeful that this familiarity will make it easier for individuals to come to her and other enforcement officers for help later, if necessary.

"It's a really good chance for us to build a relationship before we actually venture out into the studios," she said.

Enforcing the law



Garry Dziwenka, Edmonton's director of licensing, holds up the poster that must be visible in the city's body rub parlours. The posters have information for sex-trade workers on resources they can turn to, along with rules on how parlours must be run. RYAN TUMILTY/METRO IN EDMONTON

Working to prevent exploitation

In 2009, Edmonton police laid the first human trafficking charges in the city's history after three women were discovered working under extreme conditions at a local body rub parlour.

Located on the north end of the city, Sachi Professional Massage and Spa was raided by police, who called the conditions of the victims "modern-day slavery."

Ranging in age from 21 to 41, the three women worked and slept in the same room in the parlour, which was open 24 hours a day, seven days a week. City regulations have since changed, limiting the hours of operation at body rub parlours to 7 a.m. to 11 p.m.

According to police, the women came to Canada legally from Beijing and Fiji after answering a newspaper ad for a job in the massage industry.

While three people were charged in connection to the case, ACT Alberta, an advocacy group that works with police and other local stakeholders to address human trafficking in the province, reported all charges were dropped because victims refused to testify.

LEAH GERMAIN/METRO IN EDMONTON

Under the law. 'It's just another licence'

Despite the recent Supreme Court of Canada decision, selling sex is still illegal in Canada. Yet in some of Edmonton's massage parlours, it's happening every day.

The city runs classes for body rub workers, regulates where businesses can be located and their hours of operation.

"The topic may generate people's strong opinions, but it's just another licence that we issue," said Garry Dziwenka, Edmonton's director of licensing.

He says the city's bylaws aim to keep workers safe above all else.

"The City of Edmonton has put in a progressive legislative model that focuses on the safety of the workers and the safety of the neighbourhoods."

The regulations call for criminal record checks and require at least two people to be working at each establishment at any given time. Parlours also must be at least 100 metres away from schools and daycare centres.

Municipal enforcement officer Sarah Croll, along with an Edmonton police officer, visit each licensed parlour at least once a month.

"We will go out to every single one of them and we will spend time checking the licences, making sure that everyone who is there is licensed to be there," she said.

"It's a very transient type of industry so we want to make sure that our list matches their list and we know where people are working should we need to get a hold of them," she said.

RYAN TUMILTY/METRO IN EDMONTON





Legit massage therapists rubbed the wrong way

Separating legitimate from intimate. Illicit body rub biz puts sexual pressure on some masseuses with above-board practices



The massage therapists association of Alberta says having sex-fuelled parlours can create workplace dangers for legitimate masseuses. ISTOCK IMAGE

Legitimate massage therapists say they are tired of people assuming their work comes with the same "happy ending" that body rub parlours offer.

Chandra Kastern, the assistant executive director of the massage therapists association of Alberta, said her industry faces demands for sexual services that no other health professional faces.

"You don't go to a chiropractor and expect that or any number of other professions that involve an individual relationship," she said.

She said massage therapists get customers who expect sex to be part of legitimate massage. It creates concerns and safety risks.

"We work in isolation so a lot of times you have an individual practitioner either in a business or a home, working on their own," she said.

She said the industry also has to deal with the stigma created by the blurred line.

"When people hear 'massage parlour,' they immediately think of the less-than-above-board practice, and that stigma is what continues to drive members of the public who are looking for those adult entertainment services into our businesses."

During the 2011 federal election campaign, it was reported that then-NDP leader Jack Layton was found in a Toronto massage parlour during a police raid 15 years earlier. The worker in the parlour was a registered massage therapist, and the event prompted an open letter from massage therapists across the country.

"The insinuation that a massage therapist is anything but a health professional does nothing to validate or improve the image of the profession in the public psyche," read the letter.

Kastern said the best solution to this problem would be for massage therapists to be regulated in all provinces, as they currently are in New Brunswick, Newfoundland, Ontario and British Columbia. She said registration would allow them to better draw a line.

Kastern said that if massage therapists were regulated they would be able to stop people who aren't trained from calling themselves therapists and find other ways to create clearer lines between the two industries.

RYAN TUMILTY/METRO IN EDMONTON

Up next in the series

Tomorrow

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We also speak to those who live nearby.

• **Online:** If you missed the first day of our series, visit metronews.ca/features/massage-parlours to read our interview with Elizabeth, a massage parlour worker who goes by the name Roxy when she is on the job, and our interview with a body-rub parlour owner.

Have your say

Curious what regulations exist in your city when it comes to body rub parlours? Visit metronews.ca/features/massage-parlours for an interactive map with highlights of your local bylaw.

- Parlours can be found across Canada, maybe even close to your home. Follow us @metropicks and give us your thoughts on these businesses, their workers and those who visit them.
With the government looking at prostitution laws, now is your time to be heard.

Ukrainian military clashes with pro-Russian insurgents

Eastern uprising. First action since president's 'anti-terrorist operation' announced

In the first Ukrainian military action against a pro-Russian uprising in the east, government forces said they clashed Tuesday with about 30 armed gunmen at a small airport.

The clash came hours after Ukraine's acting president, Oleksandr Turchynov, had announced an "anti-terrorist operation" against the armed, pro-Russian insurgents who had seized control of numerous buildings in at least nine cities in Ukraine's restive east.

The central government has so far been unable to rein in the insurgents, who it says are being stirred up by paid operatives from Russia. The insurgents are demanding broader autonomy and closer ties with Russia.

The clashes Tuesday came at Kramatorsk airport, just south of the city of Slovyansk, which is 160 kilometres from the Russian border. The city has come under the increasing control of the gunmen who seized it last weekend.

The precise sequence of events in Kramatorsk was mired in confusion amid contradictory official claims. Ukraine's security services anti-terrorist unit chief, Gen. Vasyl Krutov, speaking outside Kramatorsk airport, said his men managed to thwart an attack by fighters in green military uniforms without insignia who tried to storm the facility in the late afternoon.

There were conflicting reports of casualties. Yury Zhadobin, co-ordinator of a pro-Russian defence force, said two people were slightly injured and were taken to a hospital. Russian media, without sourcing, claimed anywhere from four to 11 casualties at the airport. The Ukrainian government said there were no casualties. THE ASSOCIATED PRESS



Pro-Russian activists make barricades in front of the gate of an airport in Kramatorsk, eastern Ukraine, Tuesday. In the first Ukrainian military action against a pro-Russian uprising in the east, government forces clashed Tuesday with about 30 armed gunmen at the small airport. SERGEI GRITS/THE ASSOCIATED PRESS

Berlusconi sentenced to community service



A Milan court ruled Tuesday that Silvio Berlusconi will perform a year of community service for his tax fraud conviction at a centre for the elderly. ALESSANDRA TARANTINO/THE ASSOCIATED PRESS FILE

Former Italian prime minister Silvio Berlusconi was ordered Tuesday to spend four hours a week helping the elderly to repay society for his tax fraud conviction, a sentence that imposes few restrictions on his campaigning in the upcoming European elections.

The 77-year-old three-time former prime minister cannot run in the elections due to the conviction, but he remains influential in politics as head of the Forza Italia party. His support is also crucial for a constitutional reform to abolish the Senate sought by Prime Minister Matteo Renzi. The two men met on the eve of the court's decision in Renzi's offices, according to Italian media reports.

Berlusconi's four-year sentence for tax fraud was confirmed by Italy's highest court last summer, the first ever against the media mogul in dozens of prosecutions, and reduced to one year under a general amnesty aimed at easing overcrowding in Italian prisons. Due to Berlusconi's age and the relatively short sentence, prison time was never likely. He was, however, booted from the Senate and given a two-year ban on running for elected office.

Berlusconi is still on trial for political corruption in Naples and under investigation in Milan for witness tampering in trials relating to sex-fuelled parties at his villa near Milan. His appeals trial for a conviction for having paid for sex with a minor and using his influence to cover it up is scheduled to open in June. THE ASSOCIATED PRESS

Court's decision

The Milan court's decision stipulated that Berlusconi must spend most of his time in the Lombard region where he lives, but permits him to travel to Rome each week.

- It also allows him to come and go from his residences in Rome and Milan between 6 a.m. and 11 p.m., freeing him to partake in the campaign.

LGBT equality

India recognizes transgender rights

India's top court on Tuesday issued a landmark verdict recognizing transgender rights as human rights, saying people can identify themselves as a third gender on official documents.

The Supreme Court directed the federal and state governments to include transgender people in all welfare programs for the poor including education, health care and jobs to help them overcome social and economic challenges. Previously, transgender Indians could only identify themselves as male or female in all official documents.

There are an estimated three million transgender people in India. THE ASSOCIATED PRESS

Syrian civil war

Security Council views victim photos

The UN Security Council fell silent Tuesday after ambassadors viewed a series of ghastly photographs of dead Syrian civil war victims, France's ambassador said.

The pictures showed people who were emaciated, with their bones protruding, and some bearing the marks of strangulation and repeated beatings, and eyes having been gouged out.

One of the authors of the report, former Sierra Leone Special Court prosecutor David M. Crane, said it was firm evidence of "industrialized systematic killing."

The photos were selected from among 55,000 images of tortured and slain Syrian war victims said to have been smuggled out of Syria. THE ASSOCIATED PRESS

Flight 370

Sub aborts first search mission

A robotic submarine hunting for the missing Malaysian jet aborted its first mission after only six hours, surfacing with no new clues when it exceeded its maximum depth along the floor of the Indian Ocean, officials said Tuesday.

Search crews sent the U.S. navy's Bluefin 21 into the depths Monday to begin scouring the seabed for the missing plane after failing for six days to detect any new signals believed to be coming from its black boxes.

The data collected by the sub was later analyzed and no sign of the missing plane was found, the U.S. navy said. Crews were hoping to send it back on another mission later Tuesday. THE ASSOCIATED PRESS

San Francisco to legalize it... Airbnb that is

Short-term rentals. Whether legal or not, residents are renting out their homes, so now the City by the Bay aims to impose some rules

Legislation set to be unveiled in San Francisco would make it legal for city residents to rent out their homes on sites such as Airbnb, but only if they have liability insurance and meet other requirements, a newspaper reported.

Supervisor David Chiu was expected to unveil the legislation on Tuesday, according to the San Francisco Chronicle. Short-term rentals are currently banned in San Francisco.

On its website, Airbnb warns hosts to be aware of the laws in their city, noting that some restrict people's ability to host paying guests for short periods. Chiu's bill would lift the ban in San Fran-

New York, New York

Officials in other parts of the U.S., including New York City, have raised concerns about short-term rentals as well.

- New York's attorney general has demanded that Airbnb turn over data about N.Y.C. residents who have listed on the site as part of an investigation into whether they are breaking a state law barring sublets for fewer than 30 days if occupants are not present.



Samsung's smartphone blooms

People watch an advertisement for Samsung's Galaxy S5 smartphone in Seoul on Tuesday. Samsung Electronics Co. released its latest Galaxy S5 smartphone and wearables in 125 countries around the world last week.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

Gone flat

Coca-Cola's pop sales fizzle for first time since 1999

Coca-Cola, the world's biggest beverage maker, said Tuesday that the amount of soda it sold globally fell for first time in 15 years.

The drop in the first quarter was offset by sales of its noncarbonated drinks.

THE ASSOCIATED PRESS

CRA

NDP demand answers on Heartbleed bug

Two New Democrat MPs have written to the minister in charge of the Canada Revenue Agency asking her to explain what they say are discrepancies in the timeline of the Heartbleed security bug.

THE CANADIAN PRESS

Market Minute

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HALLELUJAH STILL STRIKES A CHORD



JUST SAYIN'

Paul Sullivan
metronews.ca

What is it about Hallelujah?

I'm not talking about Handel's Christmas chorus, but the wonderful (if mournful) Leonard Cohen song that has been covered more times than the national anthem.

There are more than 300 known covers, and now there's one more thanks to a surprise wedding version performed earlier this month by an Irish priest that has generated more than 26 million YouTube views.

The Pope would like those numbers. In his dreams.

Father Ray Kelly has a melodious voice and his performance, standing at the altar, is quite straightforward and lovely, mercifully free of devotional histrionics. At the end of it, he gets a standing ovation from the parishioners.

Ironically, the original is anything but holy, unless you mean Holy Cow!

Verse 2:

"Your faith was strong but you needed proof/You saw her bathing on the roof/Her beauty in the moonlight overthrew ya.

"She tied you to a kitchen chair/She broke your throne/And she cut your hair/And from your lips she drew the Hallelujah."

And that's just the part we can repeat in a family newspaper.

Obviously, Father Kelly's lyrics are more matrimonial, but his voice still captures the rapture of the magnificent chorus that the now-deceased singer Jeff Buckley first nailed in the first cover version all the way back in 1994. The original, recorded way back in Cohen's wry, dry monotone, inspired no one but connoisseurs of clever lyrics, but since Buckley's cover, it's gone on to sell more than a million digital copies, has been ranked number 259 on Rolling Stone's 500 Greatest Songs of All Time, and a British poll of 50 songwriters listed it among the top 10 tracks of all time. John Legend, no stranger to soulful music, calls the Buckley version "one of the most beautiful pieces of recorded music I've ever heard."

What is it about this song? Is it that "secret chord/That David played and it pleased the Lord?" Or is it the fact that Cohen rewrote the song 80 times, at times banging his head against the floor. It got to him, too.

It got to Bob Dylan, Neil Diamond and k.d. lang. It got to various American Idol, X Factor and The Voice contestants, and it got to the music producers of half the soundtracks of half the shows on TV.

It got to the Maccabeats of Yeshiva University. And it got to Father Ray Kelly at a wedding in Ireland.

In a way, it's the Hallelujah Chorus of our time: bitter, mournful, ironic, haunting … and redeeming.

The last verse sends chills down my spine:

"I did my best/It wasn't much/I couldn't feel so I tried to touch

"I've told the truth/I didn't come to fool ya

"And even though it all went wrong/I'll stand before the Lord of Song

"With nothing on my tongue but Hallelujah.

Hallelujah."

ZOOM

Sun, moon, Earth align



SCOTT BARBOUR/GETTY IMAGES

Skywatchers catch rare 'blood moon'

Sky-gazers in North and South America, Australia and New Zealand were treated to a full lunar eclipse — at least those fortunate enough to have clear skies.

The moon was eclipsed by the Earth's shadow early Tuesday, beginning around 1 a.m. EDT for 5 1/2 hours. The total phase of the eclipse lasted just 78 minutes.

For some, the moon appeared red-orange because of all the sunsets and sunrises shimmering from Earth, thus the name "blood moon."

THE ASSOCIATED PRESS



From bottom left to top left: The moon's transition during a total lunar eclipse. JOE RAEDLE/GETTY IMAGES

Did you miss it? Next total eclipse is Oct. 8

- It's the first of four eclipses this year and the first of four total lunar eclipses this year and next. The latter is a rare lineup; the next so-called tetrad of total lunar eclipses won't occur until 2032-33. In the meantime, get ready for a solar eclipse in two weeks.

METRO AUGMENTED REALITY

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metro AR

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MetroTube

Jenga game is larger than life



ANDREW FIFIELD
metronews.ca

I once had the dimly recalled experience of playing a drinking game version of Jenga where each block assigned you a stupid human trick to perform. Eventually, the novelty wore off and it gradually devolved into a game of classic Jenga, only louder. Years later, the realization strikes about how that game could have been improved. Heavy machinery! Not combined with the alcohol of course, but as this Caterpillar stunt proves, serious training can make even Earth-shaking technology a party game championship contender.



CAT PRODUCTS SCREEN GRAB

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See that symbol? It means you can scan the photo below with your Metro News app to see a Haunted House 2 trailer

Coming back to haha-haunt you

Killing 'em with laughter. Hollywood hasn't always cared for a shot of humour with its horror



IN FOCUS
Richard Crouse
scene@metronews.ca



Cedric the Entertainer, left, and Marlon Wayans in A Haunted House 2. CONTRIBUTED

If the Paranormal Activity movies curdle your blood and The Conjuring kept you up at night, perhaps A Haunted House 2 will be more your style. A humorous hybrid of horror hits, it stars Marlon Wayans and Jaime Pressly in a sequel to the popular (but critically lambasted) 2013 comedy.

According to IMDB, in the new film Wayans has "exorcised the demons of his ex" and is trying to start his life anew with his girlfriend. Unfortunately his new house turns out to be haunted and, even worse, his back-from-the-dead ex has moved in across the street.

It's all played for laughs — and will likely not give audiences nightmares — but it would be interesting to know how the makers of movies like Sinister, The Possession, and Insidious feel about having their movies made fun of.

Some filmmakers are flattered.

Night of the Living Dead icon George A. Romero enjoyed the zombie takeoff Shaun of the Dead so much he asked star Simon Pegg and director Edgar Wright to appear in Land of the Dead. The duo can be seen chained up in a 12-second cameo under a sign that reads Take Your Picture with a Zombie during the film's carnival sequence.

But not everyone gets the joke.

Years ago Boris Karloff made it known he wasn't very happy about a horror comedy. He was approached to play the monster in Abbott and Costello Meet Frankenstein, but declined because he felt the duo's brand of slapstick would be an insult to horror movies. Nonetheless he did some promo for the film — there are publicity pictures of him buying tickets at the box office — and later appeared in Abbott and Costello Meet the Killer, Boris Karloff and Abbott and Costello Meet Dr. Jekyll and Mr. Hyde.

Another horror legend said yes to Meet Frankenstein but no to the comedy. The movie was the only other time Bela Lugosi played Dracula on the big screen and he played it straight.

"There is no burlesque for me," he said. "All I have to do is frighten the boys, a perfectly appropriate activity. My trademark will be unblemished."

Finally, the movie Young Frankenstein gave overdue credit to an old-time movie studio technician. When Mel Brooks was prepping the film he discovered that Ken Strickfaden, the designer of the "mad scientist" electrical machinery in the Universal Frankenstein films, had all the equipment from the original movies stored in his garage. Strickfaden agreed to rent Mel the props and received a screen credit, which he hadn't been given on the original films.

That's scary stuff, kids

"There is no burlesque for me. All I have to do is frighten the boys, a perfectly appropriate activity. My trademark will be unblemished."

Bela Lugosi on reprising the role that made him famous, playing Dracula straight in the 1948 horror comedy Abbott and Costello Meet Frankenstein.

SCENE 2

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Some Love Letters from England

Metronomy. English electro-pop band's new album is being hailed as a 'breakthrough'

RICHARD PECKETT
Metro World News in London

"Why is everyone imagining there's something wrong with me?" queries Joseph Mount, singer for English electro-pop band Metronomy.

People think he's in relationship meltdown, thanks to a few lovesick songs from the maestro's latest album. He's not, and the simpering is as welcome as that insincere offer of "If you ever want to talk about it, you know I'm here."

In truth, the 31-year-old auteur has every reason to be as euphoric as the Love Letters title track's chorus thanks to strong sales. Mount and his bandmates — Gbenga Adelekan (bass guitar), Anna Prior (drums) and Oscar Cash (guitar) — have once again had a change of tune for their fourth studio album, taking their retro-infused record back to the sound of the '60s.

Love Letters is being referred to as a 'breakthrough.' Does that add pressure on you to perform?
Funnily enough, it does in a way. It doesn't add pressure on me but it does make the situation a bit more pressurized. It's already got to number 7 in the (British) charts and it's selling really well. If breakthrough means we're going to get played on BBC Radio 1, then I don't think it's going to be a breakthrough record. But you do get closer to holding the badge of being known as an English band. Each record we're getting closer to being part of the establishment.

Is it important to keep that Englishness at the core of your music?
The more I experience American attitudes toward English music, the more I want it to be English.

Quoted

"I don't think it's going to be a breakthrough record. But you do get closer to holding the badge of being known as an English band."
Metronomy singer Joseph Mount

Americans lap up the accent and our quaint culture.
(Chuckles) Well, yeah. But then some English music seems such an alien thing to them.

Your album's called Love Letters, so have you ever sent one?
I have. Well, they were probably never sent but I did used to write nice affectionate letters to girlfriends.

Were they handwritten letters?
Of course, yeah.


Metronomy is enjoying strong sales of their album Love Letters. CONTRIBUTED



Depp is partial to the painted roles

Transcendence. Actor ditches all the makeup to play a computer genius in sci-fi tale



NED EHRBAR
Metro World News in Hollywood

Fans of Johnny Depp may be startled to discover that in his latest film, the techno-thriller Transcendence, the chameleon-like actor looks like … Johnny Depp.

"I knew right off the bat there was no need to go into pink-haired, clown nose, Ronald McDonald shoes," says Depp, who has made a habit of taking on roles that involve more than a little white face paint, from Tonto in the Lone Ranger to the Mad Hatter in Alice in Wonderland.

But the most makeup Depp hides behind in Transcendence is only there to show the physical deterioration of his character, computer genius Will Caster, after he gets radiation poisoning.

"It's always more difficult and slightly exposing to play something that's close to the surface, something that's close to yourself," Depp says.

"I always try to hide because I can't stand the way I look, first. I think it's important to change every time, and come up with something that's as interesting as you can for your characters."

Eventually Dr. Caster's consciousness is uploaded to a massive computer, keeping him "alive" but turning him into a ghost in the machine — and a face on a video screen.

"I did feel a little bit like Max Headroom," Depp admits.

"I guess the worst part is I liked it. I liked being in my little dark room, and (my co-stars) were on the other side. We couldn't find each other sometimes."

And apparently playing a foreboding version of advanced artificial intelligence didn't put Depp off the idea of that theoretical technological advancement.


Johnny Depp stars in Transcendence, which opens Friday. CONTRIBUTED

"Having no intelligence, I'm looking forward to gaining something, whether artificial, superficial or superduper," he quips.

All joking aside, Depp admits he's something of a Luddite when it comes to new technology — especially the handheld kind.

"Anything I have to attack with my thumbs for any period of time makes me feel stupid. So I try to avoid it as much as possible — to protect my thumbs, of course."



Andrew Garfield ALL PHOTOS GETTY IMAGES

Garfield feels the great responsibility of filling out those tighty-Spideys

Andrew Garfield's Amazing Spider-Man costume is so skintight, he feels nearly naked — which is fine by him. "I love being naked," he tells Metro U.K. "It's important to be naked and be in touch with our bodies and not have shame about what we're made of. I love being in touch with nature and my own nature." Then there's the issue of how much the form-fitting Spidey suit reveals in certain delicate areas, something Garfield admits was given a lot of thought. "It takes a lot of consideration because you don't want it to be underwhelming," he joked during a TV interview in Australia recently. "You don't want it to intimidate, and you don't want it to (do) the opposite of intimidate. So yes, there is thought. But ultimately you have to trust that what you have is enough."

Kelly's plans with her Coachella posse go all Paris-shaped

Apparently there was some major drama during the first weekend of the Coachella music festival as Kelly Osbourne took to Twitter to call out Paris Hilton for an icy encounter. Sources tell Us Weekly that the bitterness started when Hilton and her posse showed up at a VIP event and asked the organizers if they could have the table where Osbourne and her crew were sitting. The organizers asked Osbourne to move upstairs, which she did. Osbourne later tweeted at Hilton, "Please grow up. There is no reason to act like a child. You could of happily joined us! It's not 2005, no one cares."



Kelly Osbourne

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Upton pays clip-on service to her boobs

MELINDA TAUB
Metro World News

Kate Upton has such an amazing body that people keep putting it on icebergs and sending it to space. Doesn't matter where you put it: She looks amazing in a bikini, parka or while weightless or, I assume, in a volcano, which is probably next. But Kate Upton herself is tired of her breasts. Probably because she has to follow them onto icebergs and into space.

"I wish I had smaller boobs every day of my life as I love to wear spaghetti tops braless or go for the smallest bikini designs," Upton told the U.K. Sun (via Page Six).

"Every single day, I'm like, 'Oh, man, it would be so much easier,' especially if people didn't constantly bring them up."

Not that Upton hates her 34Ds all the time. She just wishes they were optional. "If I could just take them off like they were clip-ons," she says.

I truly love the idea of Kate Upton, many a man's fantasy, with a nightmare closet of disembodied clip-on breasts in various shapes and sizes.

I love the idea of any woman with one of those, honestly.



Aaron Carter

Clearing the Aaron missing Nick's nuptials

Aaron Carter was a no-show at big brother Nick Carter's wedding in Santa Barbara last weekend, but it wasn't for lack of trying. "Aaron had a contract to appear at the Cherry Blossom Festival in D.C. before Nick set his wedding date. Even though he was obligated to fulfill his contract, Aaron still wanted to make the wedding," his rep tells E! News. "There was a team of six people who worked to put together a plan to get him to Santa Barbara by the reception so he could at least participate in the celebration. He was on his way when his US Airways plane experienced mechanical difficulties in Pittsburgh and they became grounded there. So he never made it. Aaron was legitimately busting his ass to make it to his brother's wedding. He felt awful and had every intention of being there."

Twitter



@Pink
Trying to explain why some people are mean, my two year old interrupts and says... "Maybe they just need love"



@RebelWilson
When people name their dogs after you — is that a good thing?



@NiallOfficial
Lovely evening for a cycle ! Deffo goin tonight



See that symbol? It means you can scan this image with your Metro News app to see a gallery of tantalizing images from southern Italy

LIFE 3

Touring the bottom of the boot

Southern Italy.
All you need is a little wanderlust and wine to enjoy this beauty

AMBER SHORTT
amber.shortt@metronews.ca

Southern Italy may be known as the birthplace of pizza, but a tour down the boot offers a culinary, historical and esthetic experience that goes far beyond a bit of crust and marinara. For travellers hungry for an excursion away from the travel guide must-dos, the Amalfi Coast and Apulia regions are perfect for the Italian enthusiast.

The Amalfi Coast

Those who can stomach the winding narrow roads and steep cliffs of the Amalfi Coast will be treated to beautiful, unspoiled views of the Mediterranean. Lush in greenery, the region is spotted with vertically built farms, quaint towns and pebble beaches. There is even an island or two off the azure horizon.

Eat and stay: Plenty of hotels dot the coastline, including the Hotel Delfino, which looks onto the island of Capri. Stop in the town of Amalfi for lunch on the beach at the Marina Grande restaurant.

What to do: Take in a concert at the Villa Rufolo in Ravello. The area inspired Wagner's final opera Parsifal and the stage looks over the coast; join a tour group for lunch at La Sorgente Farmhouse (they don't do private bookings) and see how a real Italian mamma makes mozzarella.



If you can stomach the winding roads, the Amalfi Coast pays out in breathtaking views. PHOTOS: AMBER SHORTT/METRO

The labyrinth of Matera

It may seem like you are lost in the middle of nowhere, but historic Matera's maze of walls and corridors is worth the trek off the tourist routes, especially for an '80s kid who dreamed of chasing David Bowie's Goblin King from the film Labyrinth. From the paleolithic era right up to the 1960s, locals inhabited the Sassi di Matera (meaning "stones of Matera") — ancient cave dwellings along a canyon below the city. Some of the caves have been turned into museums, while others now house luxury hotels and restaurants.

Eat and stay: Take advantage of the city's history and stay at the Sant'Angelo Luxury Resort, which overlooks the canyon and caves.


Get lost in Matera's maze of walls.



Matera is full o f hidden cafés and restaurants — many in caves — so you can literally find your own hole in the wall.

If you like Matera: Check out Ostuni, known as the white town for its abundant use of antibacterial lime paint that coats everything. It is also built in a labyrinth style and looks out over the Adriatic Sea.

Getting there...

For travel information, visit airtransat.com.

Time travel in Otranto

It may be located at the heel of Italy's geographic boot, but don't hold that against Otranto. The city's castle, surrounding wall and cathedral are made of sandstone, pockmarked by age and weather. Brush your hand against the stone and tiny bits will brush away. The town has changed hands many times throughout history, and its cathedral houses the bones of more than 800 martyrs who were beheaded for not denouncing Christianity during Ottoman rule in the 1400s.

Indulge in Lecce

While the town has a distinct laid-back style — men in blazers and caps ride by on bicycles and well-dressed women walk the city cobbles in flats — Lecce is a feast for the stomach rather than the eyes. The Apulia region is known for its fish and fave e cicorie selvatiche (a tasty fava bean and chicory soup) found on most menus. The real treat is a regional dessert called pasticciotto: a crunchy-sweet pastry filled with creamy lemon custard.

Where to eat: Try a pasticciotto at the Pasticceria Luca Capilungo, which faces the ancient ampitheatre. For dinner, fill up on appetizers at the Osteria Degli Spiriti.



Walking the world's longest river

Nile or nothing.
Writer and former army captain has set out on a dangerous year-long journey


The longest river in the world is proving quite the challenge for the 31-year-old adventurer Levison Wood. ISTOCK

Close calls with crocodiles, a brutal civil war and even the death of a fellow traveller have not deterred a British man from attempting to walk the length of the Nile River.

The year-long 6,800 kilometre journey along the world's longest river will see the former British army captain pass through seven countries.

After four months trekking through Rwanda, Tanzania and Uganda, Levison Wood is now in South Sudan, a country with little infrastructure that has been destabilized by four months of fighting between pro- and anti-government forces. The 31-year-old said it took three years to plan the walk from Rwanda to Egypt.

"I've always had a passion for Africa since I was young. The river Nile has always interested me and I thought, what's the biggest expedition I could ever think of? And walking the Nile it was," he told The Associated Press.

Though he faces many dangers on the walk from both man and beast, Wood noted that past explorers didn't have the luxury of a satellite phone or Google maps.

"We've had some close calls with buffalo, elephants and a very close call with a crocodile in Murchison Falls," a national park in Uganda, he said Thursday. "The toughest challenge I'm finding is to keep the momentum going and not get too dismayed when there are delays."

On average Wood walks 20 miles a day, but he is seldom alone. His guide from Congo, who goes by the name Boston, has been a long-time companion. In South Sudan three AK-47 wielding soldiers from the commando battalion flank him as security. Another South Sudanese man on a bike ferries supplies.

"South Sudan has been a challenge to say the least," Wood said. "And when I set off on November 25, I obviously didn't predict a civil war kicking off mid-December."

Further complicating matters is the camera crew following Wood to shoot a four-part documentary series for U.K. and U.S. audiences on Britain's Channel 4 and America's Animal Planet. Wood and his crew were arrested while filming near the only bridge that crosses the Nile in South Sudan.

Weaving through the chaotic traffic in Juba, South Sudan's capital, Wood and his crew set a blistering pace. Their South Sudanese guide occasionally barks orders to stop filming near a national memorial or military installation.

There are safety concerns for this leg of the trip. The Nile passes through Jonglei state, a region that has seen heavy fighting in recent months.

"As that's the front line, I'll have to make a decision when I get there whether I have to move away from the river," he said.

Then a well-known Juba curiosity strolls past: a lanky man who is totally naked.

The team laughs. "No comment," Wood says to his cameraman.

While South Sudan appears to be the toughest part of his trip, it was in Uganda where tragedy struck. Experienced American adventure journalist Matt Power, who was walking with Wood, died from heat exhaustion March 10. Wood said the death forced him to reconsider his plans.

Follow him

- **Twitter.** Keep track of Wood's journey by following the handle @WalkingTheNile
- **Blog.** Get video clips and other updates at channel4.com/programmes/walking-the-nile


Levison Wood says it took three years to plan his trip. THE ASSOCIATED PRESS

"We took a week off just to contemplate what happened and have a think about, 'Is this something we really want to be doing?'" he said.

After speaking with Power's wife and family, Wood, with their blessing, decided to continue. "It is one of those things that really brings home the reality that this is not an easy thing to do. It's incredibly difficult and dangerous in parts and all I can do is be as prepared as I can be and hope the same doesn't happen to me," he said.

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Bucket List



San Juan, Puerto Rico

Beautiful beaches, great food, rich history, secluded places to escape to, an actual café society and amazing scuba diving — what's not to love about Puerto Rico? This U.S. territory enjoys a steady rise in popularity, as people cotton on to the fact that the capital of San Juan is an excellent spot to anchor a week away. And while there are some really great hotels, including La Concha Resort on Condado Beach and La Terraza in Old San Juan, renting a condo is also an excellent option. Make the fresh seafood mofongo your order of the day. Now is a good time to visit, before it gets too hot.
DOUG WALLACE/METRO

Hotels show it can be easy being green

Earth Day. Across Canada, lodges are cleaning up their acts. Here are a few of the sustainability stars



ON THE MOVE
Loren Christie
life@metronews.ca

In recognition of the upcoming Earth Day (April 22), I salute four hotels across the country that are doing their part for the environment.



Mount Engadine Lodge in Spray Lakes Provincial Park in the Rockies. CONTRIBUTED

Element Vaughan Southwest

Built green from the ground up, Element Vaughan Southwest is a 152-room extended stay hotel just outside Toronto.

Powered by 100 per cent renewable energy, the hotel has taken every opportunity to minimize its footprint. All guest rooms are equipped with recycling bins, flooring made from recycled tires and soy-based fabrics. The bathroom faucets are low-flow and the en suite kitchens feature filtered water and energy efficient appliances. The fitness centre has a stationary bike charging station, which powers up personal electronic devices while guests exercise. A complimentary Bikes-to-Borrow program encourages travellers to get out and enjoy the fresh air.

Auberge Le Baluchon

Located in Quebec's Mauricie region, the 88-room Auberge Le Baluchon is a standout for seamlessly incorporating itself into a stunning natural setting. The executive chef takes pride in the fact that the food is locally sourced. In winter, outdoor enthusiasts can go dog sledding, Nordic skiing or skate on the Du Loup River, a five-kilometre long outdoor skating rink. In summer, options include canoeing, horseback riding or mountain biking. Every activity requires nothing more than your own steam, or perhaps a little horsepower.

Mount Engadine Lodge

You can't get much more off the energy grid than Alberta's Mount Engadine Lodge. Nestled in Spray Lakes Provincial Park in the Rocky Mountains, guests will notice right away the lack of in-room televisions and refrigerators. Behind the scenes, the lodge limits its power usage by using a generator and rechargeable batteries to power energy efficient light bulbs and appliances. A state-of-the-art waste treatment system uses oxygen to break matter down and UV lights to purify it. The bathrooms are stocked with locally made environmentally friendly soaps and all the cleaning is done using environmentally friendly products.

Oak Bay Beach House

The historic Oak Bay Beach Hotel in Victoria, B.C., receives a nod for its recent renovations. Two years ago it was completely rebuilt on the same oceanfront site where the previous hotel stood for more than 80 years, and 95 per cent of the building was saved for re-use or recycled with only five per cent going to the local landfill. The hotel was recognized by LEED (Leadership in Energy and Environmental Design) as a high-performance building and awarded with a Gold level environmental sensitivity designation.

New

In-flight Wi-Fi from Air Canada

Gone are the blissful, email-free few hours you looked forward to while boarding your flight. Air Canada has started to roll out Internet connectivity across its North American fleet in partnership with Gogo. On the brighter side, think of how much Facebooking you can catch up on. The carrier says pricing will be "competitive." Let's see how long it takes for everyone to start whining for it to be free. Plans are underway to extend this service to international flights at a later date. DOUG WALLACE/METRO

Event

Flash Forward Festival Boston

Boston's Fairmont Battery Wharf is gearing up for the fourth annual Flash Forward Festival May 1 to 4, an international gathering of photography buffs. The free four-day event is connected with Canada's Magenta Foundation and its annual emerging artist competition for photographers from Canada, the U.S. and the U.K. It incorporates panel discussions, guest speakers, outdoor exhibitions, events and some truly great art. Visit flashforwardfestival.com.
DOUG WALLACE/METRO

Deals

Half Moon Heaven

Luxurious Half Moon Resort in Montego Bay, Jamaica, is celebrating its 60th anniversary with a Diamond Jubilee package for groups of 15 or more. Book by April 30 for travel between May 8 and Dec. 18, and get four nights in one of the four-to-seven-room villas, all meals and beverages, plus a butler, housekeeper and cook, for about $1100 per person plus taxes (based on double occupancy). Go for the golf — stay for the dolphin swim. Visit halfmoon.com.
DOUG WALLACE/METRO

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See that symbol? It means you can scan the photo below with your Metro News app to see Lynn Roberts at Innergy Corporate Yoga demonstrate a yoga move you can try at work.

Get up, stand up, stand up for your health

Dancing at your desk. With sedentary behaviour at an all-time high in Canada, it's time to make a run for it and get active, even at the office



Feeling the office ouchies? Sneak in a few extra steps on your lunch break.
ISTOCK

While much attention has been devoted to monitoring the activity levels — or lack thereof — among Canadian kids, many of the country's adults are also at risk of spending too many of their waking hours being idle.

With its Sneak It In campaign, ParticipAction is encouraging adults to break up sedentary time spent commuting and sitting in the office.

To help reach that goal, adults are encouraged to take active breaks and boost their fitness levels by "sneaking in" 10-minute bursts of physical activity into their workdays.

According to Statistics Canada's Canadian Health Measures Survey from 2007 to '09, just over 15 per cent of the country's adults were meeting the recommended guidelines of 150 minutes of physical activity a week.

The figures for older children are similarly grim. In its annual report card on the physical activity level of children and youth released last year, Active Healthy Kids Canada revealed that only seven per cent of five- to 11-year-olds and four per cent of 12- to 17-year-olds met recommended guidelines of 60 minutes of moderate to vigorous activity daily.

Walking quickly, skating and bike riding are examples of moderate activities, while running, basketball and soccer are examples of vigorous activities.

StatsCan found that adults spent an average of 9.5 hours a day — or approximately 69 per cent of their waking hours — in sedentary activities, which involve little physical movement and a low expenditure of energy. ParticipAction president and CEO Elio Antunes said long stretches of time spent sitting is detrimental to one's health and it's important for adults to make a conscious effort to incorporate activity throughout the day to help limit potential health risks.

"Too much sedentary behaviour has led to increases in risk of diabetes, even heart attacks, high blood pressure, elevated cholesterol," he said in an interview.

"A lot of people with sore backs is due to long-term sitting. So there's a whole range of health issues that's related to too much sedentary behaviour — specifically sitting — so breaking that behaviour up will contribute to (addressing) those issues."

Antunes said adults can also wear a pedometer and aim to clock 10,000 steps within a day, and can even transform the exercise into a mini-challenge with their colleagues.

Adults don't need to devote lunch hours at the gym to see an uptick in their activity levels but can achieve their target with short bursts of everyday activities "that should get your heart rate going," he noted.

"When you're going out to lunch for that sandwich, maybe take that extra walk for 10 minutes, or park your car a bit further from the front doors or take public transit."

Antunes said he recognized that individuals are busy and that breaking up sedentary time is a challenge within today's fast-paced environment.

But it's as essential as carrying out a work assignment and can perhaps be accomplished in tandem with office-related tasks, he noted.

THE CANADIAN PRESS

Gallop while you gab

ParticipAction president and CEO Elio Antunes said he has colleagues who book walking into their agendas, and suggests workers go for a walking meeting rather than book a boardroom for their gatherings.

- "You're still being productive ... but you're reducing your sedentary time while being productive."

Sick from the sit

"Too much sedentary behaviour has led to increases in risk of diabetes, even heart attacks, high blood pressure, elevated cholesterol."

Elio Antunes
ParticipAction president

9-5 without a frown

Because I'm happy! Would you jump the career ship you're currently on to be part of a business that leaves you beaming?

SIDNEYEVE MATRIX
TalentEgg.ca

One of the main reasons people switch jobs is a disconnect between their personal goals and the company values.

A professional position misfit leaves you feeling unappreciated and undervalued, every day. This isn't just about being in a mild state of discomfort.

Research shows being unhappy at work results in more stress, causes a hit to your self-esteem, and interferes with your professional competence.

According to a new report on job satisfaction, millennials (think 20- and 30-somethings) are particularly concerned with having a job that authentically fits who they are. But many people don't find that perfect job right away.

Researchers at CreativeLive discovered that a third of currently employed Gen Y workers wish they could jump the corporate ship to find a workplace where they could be surrounded with more creative people. Another third would happily take a salary cut if they could find a job with the opportunities to do meaningful work that has a positive social impact.

So how to get the right custom career fit? A combination strategy of conversations and company research is the answer.

Conversations: Talk to friends

Mining your personal networks is a smart way to land employment that fits.

Even loose ties on LinkedIn or Twitter are important when you're seeking introductions, references, and insider information about job openings. But your closest friends are uniquely important. If your friends (and their friends) have a job they love, that's your first step on the trail toward a job you'll enjoy.

You like your friends for a reason — you probably share similar world views and care about the same things. Beyond happiness, working with friends may result in a productivity boost. Researchers at the London School of Economics found that employees worked harder and got 10 per cent more accomplished in jobs where they worked with friends, especially if those pals were industrious types.

Creeping companies: Do your homework

Doing due diligence means thoroughly researching your dream jobs. A little online company creeping goes a long way, and doubles as interview preparation. Look deeply at their corporate social footprint (online and off), read past and current employee reviews on Glassdoor, and critically analyze their official recruiting messages.

One company may want to fill its ranks with out-of-the-box entrepreneurial thinkers, while another may value thoughtful, deliberative, consensus-driven executives," warns Dorie Clark on Forbes. Reflect honestly on your professional strengths and ambitions, then fire up your laptop to discover a position that just feels right, one with a perfect custom career fit. Then you'll be well-suited to do your very best work.

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Think outside the dinner box

Mini Vegetable, Ham and Egg Puffs. Borrow from the breakfast table to make a quick and easy dinner



DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes breakfast can be considered a comfort food and we all need a little comfort after a long days work.

That's why breakfast for dinner is a popular way to eat fast and healthy.

Keeping a pantry of staples is helpful and always having those protein-filled eggs in your refrigerator makes for endless possibilities. For example, with only a few ingredients, you can enjoy delicious vegetables among eggs that are baked. All it takes to round out your meal is salad and crusty bread.

These little puffs are perfect to enjoy on the run as well.

Cooking tips

- Using muffin tins to make these helps create a perfect size for everyone big and small in the family. Easy enough to take on the run when time is crunched or for those late-night dinners.
- Try using shredded cheddar cheese instead of feta.

Ingredients

- 1 tsp (5 ml) canola oil
- 1/4 cup (60 ml) diced onion
- Half a red bell pepper, diced
- 1 cup (250 ml) chopped broccoli
- 1/2 cup (125 ml) chopped ham
- 1/2 tsp (2 ml) dried thyme
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/2 cup (125 ml) crumbled feta cheese
- 4 eggs
- 2 egg whites
- 1 cup (250 ml) skim milk
- 1/4 cup (60 ml) wheat bran
- 1/4 cup (60 ml) whole wheat flour

1. In skillet, heat oil over medium heat and cook onion and pepper for 2 minutes or until softened. Add broccoli, ham, thyme and pepper; cover and steam for 3 mins or until tender crisp and bright green. Divide mix among 12 greased muffin tins. Sprinkle cheese over top of vegetable mixture.

2. In bowl, whisk together, eggs, egg whites, milk, bran and whole wheat flour. Pour evenly over vegetable and cheese mixture. Bake in 400 F (200 C) oven for about 20 minutes or until golden, set and puffed. Let cool slightly before serving.



This recipe makes 12 puffs. EMILY RICHARDS

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Calling all cheese lovers: Double Cheese Omelette

Eggs are never low fat, but you can ensure you're getting good fat by using omega eggs and cooking in omega oil instead of butter.
Add some whole grain toast to round out the meal.

1. In small bowl, stir together mozzarella, ricotta, basil, chives, salt and pepper. Set aside.

2. In another bowl, whisk eggs together until frothy. In small nonstick frying pan, heat 2 tsp (10 ml) of the oil over medium-low heat, swirling to coat pan. Pour half of eggs into pan. Cook for 30 seconds, lifting cooked edge of eggs up with rubber spatula to allow uncooked eggs to flow underneath.

3. Sprinkle with half of cheese mixture, leaving 3/4-inch (2 cm) border bare all the way around. Cook for 1 to 2 minutes. Run rubber spatula around the edge to loosen then fold in half. Slide onto a plate. Repeat with remaining oil, eggs and cheese mixture. **PRESIDENT'S CHOICE**

Ingredients

- 1/3 cup (75 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) PC Blue Menu Ricotta Whey Cheese
- 3 tbsp (45 ml) finely chopped fresh basil
- 3 tbsp (45 ml) finely chopped fresh chives
- Pinch each salt and freshly ground black pepper
- 4 large PC Blue Menu Omega-3 white eggs
- 4 tsp (20 ml) PC Blue Menu Omega Oil

4 SPORTS

Blocked shots leader

Flyers sign Nova Scotian Andrew MacDonald

The Philadelphia Flyers announced Tuesday they have signed defenceman Andrew MacDonald to a multi-year contract extension.

The Judique-born defender was acquired by the Flyers at this year's National Hockey League trade deadline from the New York Islanders.

The 6-1, 190-pound defenceman led all NHL players in blocked shots this season with 242 and was one of three players in the NHL with more than 200 blocks.

MacDonald, 27, finished the season with four goals and 24 assists for 28 points in 82 games between the Islanders and Flyers.

The deal is reportedly for six years and a total of $30 million. CAPE BRETON POST

QMHJL

Armada beats Rimouski to reach third round

Nikita Jevpalovs forced extra time with a goal at 17:08 of the third period and then scored in overtime as the Blainville-Boisbriand Armada rallied past the Rimouski Oceanic 8-7 on Tuesday to advance to the third round in the Quebec Major Junior Hockey League playoffs.

Ryan Tesink also scored twice for the Armada, while Samuel Hodhod, Marc-Olivier Roy, Christopher Clapperton and Danick Martel each scored once.

THE CANADIAN PRESS



Sidney Crosby's chase for another Stanley Cup starts on Wednesday night when the Penguins host the Columbus Blue Jackets in Game 1 of their first-round series. GENE J. PUSKAR/THE ASSOCIATED PRESS

Two golds, one cup not enough for the Kid

Good at everything.
Crosby leads Penguins into playoffs with a division title

Sidney Crosby won his first Stanley Cup at age 21 and his first of two Olympic gold medals at 22. This season, he led the Pittsburgh Penguins to a division title, won the scoring race and is favoured to be the NHL's most valuable player.

Yet that's not enough.

"He's really got this essence about him ... that makes him constantly feel like where he is, is one step behind where he's going and where he needs to be," trainer Andy O'Brien said. "I think it's just a real unique quality that makes him Sidney Crosby."

Crosby earned his second Olympic gold in Sochi, but he's almost five full years removed from the only cup he has ever won. He insists these playoffs don't feel any different that previous years, only now he has experienced more spring disappointments since 2009.

"Just because you want to do it doesn't mean it's going to happen," Crosby said of winning the Stanley Cup. "I think that makes you appreciate it, but at the same time, it motivates you to know that as much as you can kind of put forward to give yourself that chance, give your team that chance, you've got to do that."

Crosby tends to be at his best when his team needs it, something evidenced by his 104-point season while the Penguins dealt with injuries to Evgeni Malkin, Pascal Dupuis and James Neal, among others.

The 26-year-old Cole Harbour, N.S., native had a direct part in a league-leading 43 per cent of Pittsburgh's goals on the way to first place in the new Metropolitan Division. Crosby doesn't know if this has been his best season — he won the Hart Trophy in 2006-07 with 120 points — but he is proud of staying healthy and being consistent.

Teammates can't help but be impressed.

That on-ice production is not just a result of Crosby's natural talent, said O'Brien.

"He approaches his game year-after-year, night-after-night as if, 'There's something I can be better at, I've got to find a way to do this more,'" O'Brien said. THE CANADIAN PRESS

Impressed

"His expectations are so high, but he's been able to be so consistent and he's been able to play (almost) every game."
Jussi Jokinen, Penguins forward

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It's playoff time

As hockey's best warm-up for the post-season, here are five stories to watch as the 2014 playoffs unfold.

THE CANADIAN PRESS
All photos by Getty Images



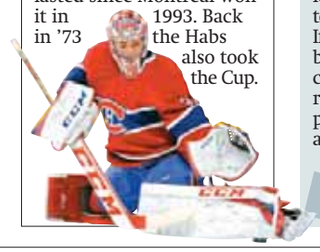
A brand new playoff format

This is the first year of a new divisional playoff format, which means no more re-seeding and defined opponents for teams in the next round. Some critics don't like seeing Joe Pavelski's San Jose Sharks face another contender in the Los Angeles Kings in the first round.

Habs to carry the Maple Leaf

Not quite, but for the first time since 1972-73, Canada has just one team in the playoffs. And it's the Montreal Canadiens.

Goaltender Carey Price, defenceman P.K. Subban and the Canadiens are that one and only hope of ending Canada's Stanley Cup drought that has lasted since Montreal won it in 1993. Back in '73 the Habs also took the Cup.





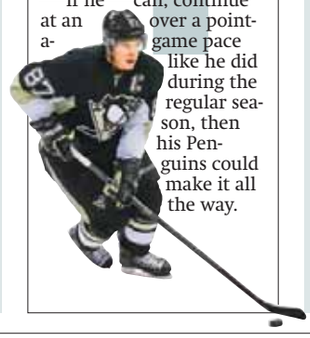
Can Chicago pull it off once again?

Jonathan Toews and Patrick Kane missed the end of the regular season with injuries, so what they'll be able to provide is an unknown. If they do come through big time, the Blackhawks could be the first to become repeat Stanley Cup champions since Detroit in 1997 and 1998.

Is Sid up for another Cup?

Sidney Crosby is only 26 and he has two Olympic gold medals and a Stanley Cup ring. But the Penguins captain won his NHL title almost five full years ago.

If he can, continue at an a- over a point-game pace like he did during the regular season, then his Penguins could make it all the way.

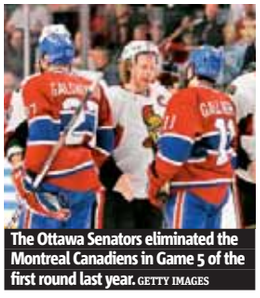




Boston strong

The Boston Bruins have been the best, most consistent team in the NHL this season and have to be considered cup favourites.

Led by Canadian Olympian Patrice Bergeron, the Bruins have a tough road ahead.



The Ottawa Senators eliminated the Montreal Canadiens in Game 5 of the first round last year. GETTY IMAGES

Canadiens. Habs Sens-ible in learning from the past

The Montreal Canadiens hope to turn last year's playoff disaster into this year's success.

The Canadiens finished second in the Eastern Conference in the lockout-shortened 2012-13 campaign only to see their attack fizzle and their players take a pounding in a five-game setback to the Ottawa Senators.

Their offence, if not so much their mettle, will be tested again when they face the tight-checking Lightning in a best-of-seven conference quarter-final starting Wednesday night in Tampa.

Captain Brian Gionta feels the experience gained a year ago, along with a strong finish to the regular season, has the Canadiens in better shape going into the post-season.

"We've had a good last run coming in," said Gionta

A key will be goaltending, and whether Carey Price can carry the experience of leading Canada to gold at the Winter Olympics in February into the similarly pressure-packed NHL playoffs.

"It's all about preparing for the (next) game, regardless of what's happened before," Price said.

THE CANADIAN PRESS

25th anniversary

Victims of stadium disaster remembered

The global football community united Tuesday to mark the 25th anniversary of the Hillsborough Stadium disaster in which 96 Liverpool fans were crushed to death during an FA Cup semifinal.

The focal point on a day of commemoration and remembrance was Anfield, where Liverpool players past and present and the families of the victims were among the estimated 30,000 people who attended a moving memorial service.

"We will always strive to honour the families and the memory of the 96 that we lost," said Liverpool manager Brendan Rodgers, his voice trembling. "You'll Never Walk Alone," he added, a nod to the club's anthem. THE ASSOCIATED PRESS



Scan the above image with the Metro News app to see a photo gallery of the memorial service.
CHRISTOPHER FURLONG/GETTY IMAGES

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Lawrie slam helps Blue Jays freeze Twins

MLB. Bautista adds three hits in win on chilly night in Minny

Jose Bautista had three hits and an RBI, and Brett Lawrie hit a grand slam in the ninth inning to help the Toronto Blue Jays beat the Minnesota Twins 9-3 on Tuesday night.

Edwin Encarnacion had two hits and an RBI, and Aaron Loup (1-0) won in relief of starter Brandon Morrow, who lasted 3 2/3 innings on a 2-degree night at Target Field in Minneapolis, Minn.

The Blue Jays led 5-2 going into the ninth before Lawrie's towering drive off Jared Burton put it away.

Chris Colabello had three hits and an RBI, and Trevor Plouffe hit a solo home run for the Twins. But right-hander Phil Hughes (0-1) watched an impressive start go to waste in Toronto's five-run sixth inning.

Hughes gave up four runs and eight hits with seven strikeouts in five-plus innings to snap Minnesota's three-game winning streak.

Munenori Kawasaki had two hits, including a double, after being called up from Triple-A Buffalo to help replace Maicer Izturis, who is out for the season with torn ligaments in his left knee. Designated hitter Adam Lind, who had a walk, a single and scored a run, left in the seventh inning with tightness in his lower back.

Bautista played centre field because Colby Rasmus needed an extra day to rest his ailing hamstring. THE ASSOCIATED PRESS



Blue Jays third baseman Brett Lawrie imitates talking on a phone as he sits bundled up in the dugout on Tuesday. The temperature was 2 C at game time in Minneapolis, Minn., Tuesday. ANN HEISENFELT/THE ASSOCIATED PRESS

Jackie Robinson Day

Rev. Jackson praises tribute

Marking the 67th anniversary of the day Jackie Robinson broke baseball's colour barrier, the Rev. Jesse Jackson praised commissioner Bud Selig for the strides the sport has taken in minority opportunities over the past two decades.

Jackson travelled to baseball's 1992 winter meetings to criticize its lack of minorities in management, and he pushed for change.

Selig retired Robinson's No. 42 in 1997 on the 50th anniversary of the big-league debut of the Brooklyn Dodgers first baseman.

"To honour Jackie in this way honours the best in America," Jackson told Selig on Tuesday at MLB's third Diversity Business Summit. "In many ways, had Jackie not succeeded, you could not have Atlanta Falcons or the Braves or the Carolina Panthers. You could not have these southern teams if Jackie had failed."
THE ASSOCIATED PRESS



Blue Jays second baseman Munenori Kawasaki lays down a bunt against the Twins in Minneapolis, Minn., on Tuesday. ANN HEISENFELT/THE ASSOCIATED PRESS

Knicks keep Nets from clinching East's 5th seed

Tim Hardaway Jr. scored 16 points and the New York Knicks, playing without the injured Carmelo Anthony, beat the Brooklyn Nets 109-98 on Tuesday night to win the season series between city rivals.

The Knicks prevented the Nets from clinching the No. 5 seed in the Eastern Conference playoffs and won their third straight in their too-little, too-late strong finish. Amare Stoudemire and J.R. Smith each added 14 points.

Bragging rights

3-1

The Knicks won three out of four games against their crosstown rivals this season.

Anthony had an MRI exam Tuesday that revealed a torn labrum in his right shoulder. He won't play Wednesday against Toronto, the final game of the first season in his 11-year career that won't end with a playoff berth — and potentially his last as a member of the Knicks. He has said he will become a free agent in July.

Marcus Thornton scored 24 points for the Nets, who weren't sharp despite playing starters Paul Pierce, Kevin Garnett, Deron Williams and Joe Johnson. The other starter, Shaun Livingston, remained sidelined with a sprained right big toe. THE ASSOCIATED PRESS

Basketball

Stauskas and Robinson declare for NBA draft

Michigan sophomores Nik Stauskas and Glenn Robinson III are entering the NBA draft.

"I heard from the advisory board in the middle of last week, a couple days after that I really decided," said Stauskas, who is from Mississauga, Ont.

"The information I got from them was kind of what I wanted to hear."
THE ASSOCIATED PRESS

CFL. Chad Johnson trying to make it with Alouettes

Chad Johnson made a sharp cut to free himself from a defender, and then hauled in a pass at the 53-yard line.

Yes, the 53. Football is going to be a little different now for the former NFL star.

The receiver who once changed his last name to Ochocinco might be hearing a lot of O Canada this summer, and he insists he's humbled for that opportunity. Johnson was on the field with the Montreal Alouettes of the CFL on Tuesday for the start of their three-day mini-camp, and there's a very realistic chance that he will be with them when their season starts for real in June.
THE CANADIAN PRESS

Quoted

"It's not about Montreal. It's about the opportunity to be able to play football again, something I love."

Chad Johnson on trying out for the Alouettes

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See that symbol? It means you can scan the photo below with your Metro News app to learn more about some of the interior design features in the 2015 Chrysler 200

2015 Chrysler 200

- **Type.** Four-door, front-/ all-wheel-drive mid-size sedan.
- **Engines (hp).** 2.4-litre SOHC I4 (184); 3.6-litre DOHC V6 (295)
- **Transmission.** Nine-speed automatic
- **Base price (incl. destination).** $24,200

Market position

Chrysler is stepping up its game in the mid-size category with the kind of styling, content and power that will make most sedan shoppers forget all about the automaker's previous Sebring/200 efforts.

Points

- All-new look is right on the money and outclasses many of its competitors
- Base four-cylinder engine delivers impressive fuel economy and the V6 has a reputation for impressive power
- Rotary-dial shifter saves space and de-junks the console
- North American design



and Italian structure makes for an interesting and competitive combo.

Safety

Front airbags; side-impact airbags; side-curtain airbags; front knee airbags; anti-lock brakes; traction control; stability control. L/100 km (city/hwy) 8.4/5.7 (2.4, est.)

Chrysler's high-fashion sedan

Review. With a 2.4-litre four-cylinder producing 184 horsepower, the Chrysler 200 has style and substance

MALCOLM GUNN
wheelbasemedia.com

PHOTOS: WHEELBASEMEDIA.COM



Like some supermodel sashaying down the runway, the Chrysler 200 made its much-anticipated entrance at the 2014 North American International Auto Show in Detroit, Mich., in January.

From any angle, the Chrysler 200 has a leading-edge contemporary look that's very easy on the eyes.

The interior is as attractive as the sheet metal, with easy-to-view primary gauges, plus-sized control knobs and optional 21-centimetre touch-screen display (a 10-centimetre screen is the base unit). But what really stands out is the absence of a floor shifter that has been replaced by a console-mounted knob, just like the one in Chrysler's Ram 1500 pickup.

An issue with the previous 200 was the old base four-cylinder engine that was shy on power and fuel efficiency. That has been rectified with a new 2.4-litre four-cylinder that produces 184 horsepower and 173 pound-feet of torque (up from the 173/166 rating of the previous 2.4). The engine connects to a nine-speed automatic transmission that should help the 200 achieve about 8.4 l/100 km in the city and 5.7 on the highway. The nine-speed is also mated to the optional 3.6-litre V6 that's a mainstay in other Chrysler products. This particular iteration makes 295 horsepower and 262 pound-feet.

Although a front-whee drive vehicle, the 200 can be had with all-wheel-drive, but only if the V6 is ordered.

In normal operating conditions, the rear axle is completely disconnected, which Chrysler claims reduces parasitic losses by up to 80 per cent when compared to other systems with their continuously rotating axle shafts. That helps fuel economy.

Compare



1 Ford Fusion
Base price: $24,200
Attractive sedan offers several engine choices, including two hybrids.



2 Nissan Altima
Base price: $25,300
Comfy seats and thrifty I4 make Altima an ideal long-distance traveller.



3 Volkswagen Passat
Base price: $25,400
U.S.-built sedan has I4 and V6 engines plus turbo-diesel.









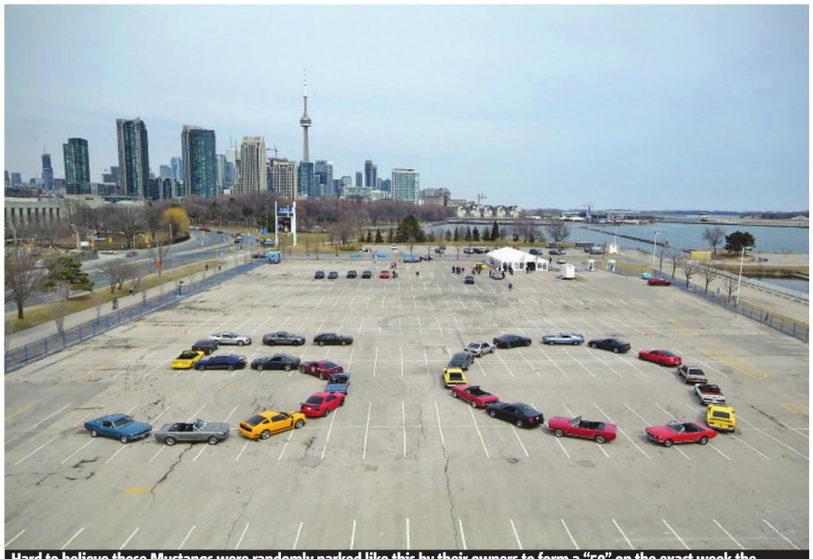
DRIVE

Ford celebrates half a century of Mustangs

The big 5-0. You can count on this sporty car to break up the monotony of SUVs in the Home Depot parking lot



AUTO PILOT
Mike Goetz
drive@metronews.ca



Hard to believe these Mustangs were randomly parked like this by their owners to form a "50" on the exact week the Mustang turns 50. Must have been good karma. SAMMY CHAN

It's a big week for Ford Mustang. The iconic sports coupe turns 50 years old and celebrations are planned far and wide.

Henry Ford II introduced the Mustang to the world on April 17, 1964, at the World's Fair in Flushing Meadows, New York, the same day it debuted in Ford showrooms across North America.

Over 22,000 Mustangs were sold that day, and over 400,000 during its first sales year, far exceeding expectations.

Ford will reprise that initial introduction this Thursday in Flushing Meadows, and will also stage a 2015 Mustang on the 86th floor observation deck of the Empire State Building.

There are big fan events planned as well, such as Mustang Club gatherings in Concord, North Carolina, and Las Vegas, where more than 5,000 Mustangs and approximately 100,000 tribe members are expected to turn out.

Ford of Canada organized a get-together last Saturday in Toronto, putting the word out via Ford Mustang forums.

A great selection of Mustangs of every vintage showed up at the Ontario Place lot, and 28 of them were selected to park in a big "50" that was photographed from above with the help of a huge crane.

After talking to the Mustang owners and aficionados there on Saturday, and gawking at their lovely Mustangs, it was obvious that the demographic for Mustang ownership now is not what is was back then. Back in 1964, the car was designed and pitched as a fun and affordable sporty car for young people.

Now they are driven home mostly by middle-aged (and beyond) boomers who can afford to buy them and may even have them around as a second vehicle.

Don't blame the Mustang. It's still a great car and still desired by a surprising number of young people.

But now that it is so much cheaper to build front-drive cars, rear-drive performance "pony" cars like Mustang, Camaro and Challenger must compete for buyers with another level of disposable income than what young people are currently packing in the pockets of their skinny, low-cut jeans.

Even thought the market demand for these vehicles has adjusted downward, the automakers are still happy to have them in the portfolio. They create lots of attention and make the brand look cool. They are a great chapter in the story of American automobiles.

And they break up the monotony in a Home Depot parking lot, full of sedans and SUVs that look increasingly alike, no matter who builds them or what continent they originated from …

And that's worth celebrating, at Mustang's 50th, and at its anniversaries to come. in the years ahead

Quoted

"It is still a great car and still desired by a surprising number of young people."
Mike Goetz, columnist

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. * Based on 84 month purchase financing for 2014 MY Chevrolet Cruze LT (1PX69) 1SA + MH8. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank. Terms vary by model. Example: $10,000 at 0%, the monthly payment is $119.05 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Rates from other lenders will be higher. Taxes and license extra. Freight and PDI included. ‡‡ Offer valid from April 1, 2014 to April 30, 2014 (the "Program Period") to retail customers in Canada who own or are currently leasing a 1999 or newer eligible vehicle that has been registered and insured in Canada in the customer's name for the previous consecutive six months. Eligible customers will receive a $750 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 MY Chevrolet, Buick or GMC model; or a $1,000 Spring Bonus credit towards the lease or finance of any 2013/2014 MYCadillac model delivered during the Program Period. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $750/$1,000/$1,500/$2,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. † Retail and basic fleet customers who purchase or lease an eligible Chevrolet, Buick or GMC delivered from dealer stock between March 1, 2014 and April 30, 2014 will receive one 40¢ savings per litre fuel card (fuel savings card) upon payment of an additional $.01. Cards valid as of 72 hours after delivery. Fuel savings card valid for 800 litres of fuel purchased from participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland and Labrador) and not redeemable for cash except where required by law. GM is not responsible for cards that are lost, stolen or damaged. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without notice. Petro-Canada is a Suncor Energy business™ Trademark of Suncor Energy Inc. Used under license. Cards are property of Suncor Energy. To protect your card balance, register online at www.petro-canada.ca/preferred. ◆ U.S. government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (safercar.gov). ◆◆ 2014 MY Chevrolet Cruze Air + Auto with the Fuel Efficient Ecotec 1.4L Turbo MT DOHC Engine has a combined fuel consumption rating of 7.1 L/100 KM (40 mpg) in the city, 4.7 L/100 KM (60 mpg) on the highway and 6.1 L/100 KM (46 mpg) in the combined cycle. Actual fuel consumption may vary. ■■ Eligible students of recent consulates based in Canada who purchase a Student Bonus eligible vehicle will receive a credit of $500 (tax inclusive) (credit amount depends on vehicle purchased) to use towards the purchase or lease of one eligible new 2013 MY/2014 MY Chevrolet, Buick, GMC or Cadillac vehicle delivered between January 3, 2014 and April 30, 2014. * ‡ ¥¥ ◆ † ◆◆ ■■ Limited time offers which may not be combined with other offers. Dealers are free to set individual prices. Quantities may be limited; dealer order or trade may be required. GMCL reserves the right to modify, extend or terminate offers, in whole or in part, at any time without notice. Void where prohibited by law. Additional conditions and limitations may apply. See dealer for details.

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Run-flat tires have only recently become available for mainstream cars. COURTESY BRIDGESTONE

With these tires, you'll never be stranded again

Run-flat tires.

Newly available technology lets drivers coast right to the shop after their tires have been damaged

JIL MCINTOSH
Drive@metronews.ca

Drive over a nail with your tires, and there's a good chance you'll get a flat. But not all tires will leave you stranded. If you have a run-flat tire, you can still drive home, or to a shop that can fix it for you.

Up until now, run-flat tires have only been available for performance cars that left the factory with them. Bridgestone now offers a new line of run-flats, called DriveGuard, that can be put on mainstream cars that originally came with conventional tires, such as the Honda Civic or Toyota Camry.

"The side of the road is not a fun place to be," says Robert Saul, product manager of consumer tire sales for Bridgestone Americas. "We're delivering new technology to a much bigger audience than we have in the past, with a tire that's capable of surviving punctures and air loss."

Run-flat tires have a special reinforced sidewall that's capable of holding the vehicle's weight even when they have no air in them.

They were introduced in the 1980s on close-coupled sports cars that didn't have enough room for a spare tire. However, their thicker, lower-profile sidewall usually creates a very harsh ride.

Bridgestone's new technology includes a special sidewall insert that lets engineers create a thinner, taller sidewall than on a regular run-flat. It can still hold up the vehicle if the tire loses air, but the ride is as smooth as with a conventional tire.

Bridgestone says you can safely drive on a completely flat DriveGuard tire at 80 km/h for 80 kilometres, and potentially much farther depending on road conditions and how fast you drive. The vehicle may pull slightly to one side, and the tire will make a rumbling sound, especially on turns, but you will be able to stay in control.

Once you get to a shop, the tire will have to be removed from the rim and the interior examined to see if it can be repaired.

All run-flat tires, including DriveGuard, can only be used on a car that has a tire pressure monitoring system, since the tires don't necessarily look any different when they're low on air.

"You can be on a tire that's under-inflated and not know it," Saul says. "We need the system to warn you that the tire pressure has dropped to a point where you need to take action, because you might not know, otherwise."

DriveGuard tires

"We're delivering new technology to a bigger audience than we have in the past, with a tire that's capable of surviving punctures and air loss."

Robert Saul, product manager of consumer tire sales for Bridgestone Americas

Facts and tips

On any tire, the air inside is what's actually holding up your vehicle. Run-flat tires can also use their sidewalls to bear the weight if necessary.

- **You should check your tire pressure once a month.** Tires that are low on air can compromise safety, and they also use more fuel.
- Some cars include a sealant and pump kit, instead of a spare tire, to save space.



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Straight-line movie



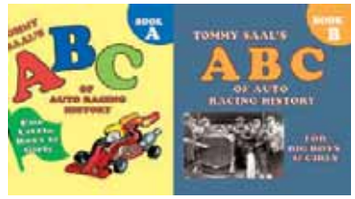
There hasn't been a really good drag-racing movie since Heart Like a Wheel, which was about the life of driver Shirley Muldowney. Now, Snake & Mongoose, the story of two equally famous drivers from the late 1950s-'70s, Don (the Snake) Prudhomme and Tom (Mongoose) McEwen, is out on DVD. The real-life plotline sees both drivers hook up with toymaker Mattel in the early 1970s as the duo's major sponsor. Mattel uses both drivers and their cars to promote the Hot Wheels toy car collection. Rather than recreate the drag races that McEwen and Prudhomme competed in, director Wayne Holloway uses actual archival footage mixed in with recreations of race cars for close-up shots. Snake & Mongoose sells for $15 US in Blu-ray or $10 in regular format from amazon.com and other retail outlets.

Suck it up!

Instead of hauling your home vacuum cleaner to your garage, or depending on some weak hand-held unit that barely stays charged for more than a few minutes, why not equip your workspace with a Garage Vac? All you do is hang it on any wall, plug it in and take advantage of its five-horsepower electric motor, 15-metre stretch hose and full range of tools for cleaning up large floor areas (such as car floors and trunks) and tight spots around the dashboard and floor console. The entire unit weighs nine pounds. The Garage Vac is available in red, white and black and sells for $250 US. Check it out and order at garagevac.com.



Racing for youngsters



Books about cars and racing appeal to kids of all ages, but here's one that will find interest from both the younger set as well as preteen audiences old enough to read. ABC of Auto Racing History, by Tommy Saal (Racemaker Press), covers the basics in cartoon-style on one side, such as B is for Bonneville, L is for Le Mans, I is for Indianapolis, S is for Sebring, etc. But flip it over and the information is delivered in a more adult style of writing, but still avoids getting bogged down in minutiae and obscure terms that could turn off older youth. ABC of Auto Racing History can be ordered for $25 US from racemaker.com.

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Headrests, an overlooked safety feature

Important. Correctly adjusted headrests can prevent injuries, but only 14 per cent of drivers have theirs in the right position

While buckling seatbelts is second nature when getting into a car, how many of us think to adjust the headrest?

Reports show that headrests are one of the most overlooked safety features in motor vehicles today, and many of us don't realize the important role they play in preventing neck, brain and spinal cord related injuries.

"Headrests are designed to work alongside the seatbelt so that when an accident occurs it prevents the head from twisting backwards, causing whiplash," explains Mauro Convertini, an insurance and claims expert at Aviva Canada.

"Drivers can sustain an injury from an incorrectly adjusted headrest even at speeds as low as 15 kilometres per hour — the same speed as the average bicycle."

Convertini recommends that drivers follow three simple steps in order to prevent injuries associated with improper headrest position:

1. Align the top of the headrest with the top of your head.

2. Position the centre of your headrest so that it is slightly above the top of the ear.

3. Ensure that the distance between the headrest and the back of the head is between five and 10 centimetres.

As importantly, says Convertini, if you're a family with multiple drivers, always make a specific point of adjusting the headrest before starting the ignition.

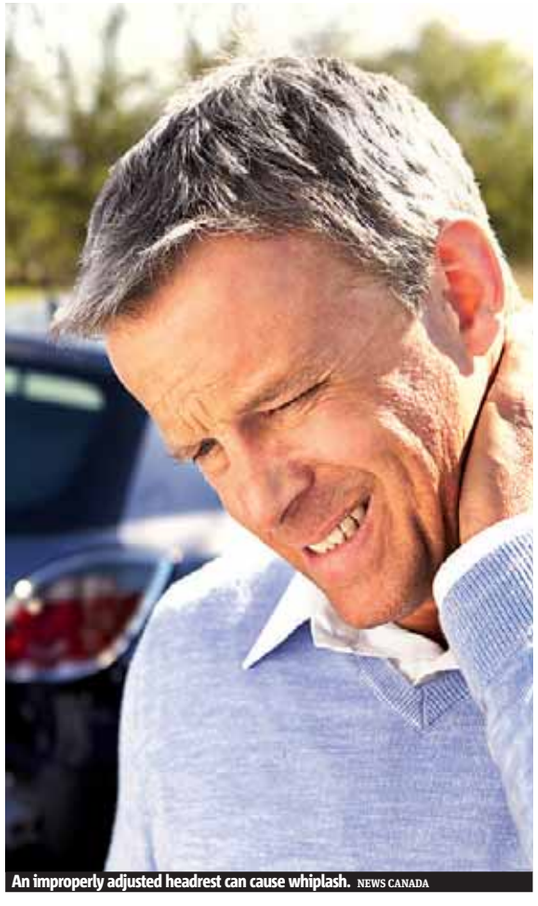
Whiplash

According to an Insurance Bureau of Canada study, only 14 per cent of drivers on the road have their headrest in the proper position.

- **The fact that whiplash is the most common soft tissue injury sustained during auto collisions underlines the importance of adjusting each passenger's headrest properly.**

More information is available from your insurance broker or online at avivacanada.com. NEWS CANADA




An improperly adjusted headrest can cause whiplash. NEWS CANADA

Quoted

"Headrests are designed to work alongside the seatbelt so that when an accident occurs it prevents the head from twisting backwards, causing whiplash."

Mauro Convertini, insurance and claims expert at Aviva Canada

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The end of the Crown Vic's reign

Sea change. Latest batch of cop cars has big treads to fill

TODD D. BURLAGE
wheelbasemedia.com



Just how big an impression has the Crown Victoria made? Austin Police Department in Texas stockpiled 176 of them before production ceased in 2011. ALL IMAGES WHEELBASE MEDIA

It's a lowly full-sized sedan, but everyone knows its shape and what it stands for — especially when it finds your rearview mirror — the Ford Crown Victoria cop car.

But all great runs must come to an end, and when the last of the more than 10 million Crown Victorias rolled off the assembly line in September of 2011, the end of one automotive era ushered in the beginning of another.

"The cop car market follows the way the consumer market goes," said Wayne Cunningham, senior editor of CNET Car Tech. "There has just sort of been a sea of change going on in the police vehicle platforms, and the Crown Victoria couldn't hold its place in the market any longer."

The Crown Victoria's fall from grace after 15 years of dominance in the police-force market came as a result of sagging sales, rising fabrication costs and an increased push for more fuel-efficient vehicles. Ford reports that demand levels for the Crown Victoria slipped by 60 per cent in its last decade of production, and the vehicle was available only in fleet sales since the 2008 model year through its discontinuation in 2011.

"The technology was catching up to the Crown Vic also," said Lt. Jim Flegel, a Michigan State Police officer with the MSP Precision Driving Unit.

"Ford had to keep those vehicles up to date in terms of federal standards, and stuff all that money into the vehicle to keep meeting those standards. It just wasn't feasible anymore, so (Ford) decided to go with a different platform that was going to meet all the federal safety standards."

The end of the Crown Vic era (1955-'56, 1979-'80 and 1983-2011) opened the market for a vehicle void in North American police departments, though some agencies aren't quite ready to dissolve the relationship.

Before production ceased, the Austin Police Department in Texas stockpiled 176 Crown Victoria patrol cars to help serve and protect the city for years to come.

Even with the end of the line for the Crown Vic, Ford didn't quietly concede its place as the top manufacturer of police vehicles in North America, unveiling for the 2012 model year its next-gen cop car with the Ford Police Interceptor, which is built from the Taurus platform.

But with deep loyalty to the reliable Crown Vic in many departments, questions remained as to why Ford didn't just tweak the Crown Victoria platform and replace the V8 engine with the fuel-friendly EcoBoost V6 engine.

Cunningham explained that in the name of cost effectiveness, manufacturers routinely base their police and other specialty fleet vehicles on consumer models. And with demand for the Crown Victoria slipping, the best course became a new course from a financial and practicality standpoint.

"It would be inefficient for Ford to keep around the platform just for a niche vehicle that maybe sells a couple of thousand a year," Cunningham said. "The major manufacturers are looking for platforms that are more versatile, modern and fuel-efficient, which will probably look more attractive from an accounting perspective and a city budget perspective also."

The Ford Police Interceptor breaks some new ground with a front-wheel drive platform that includes an all-wheel drive option.

The Michigan State Police Precision Driving Unit is at the forefront of police vehicle evaluation. And of the six four-wheeled police vehicles tested in September of 2011 for the 2012 model year — Chevrolet's Caprice 9C1, Impala 9C1 and Tahoe utility; the Dodge Charger; the Taurus-based Ford Police Interceptor sedan and Explorer-based utility vehicle — only the Ford models use a front-wheel drive platform.

"The front-wheel drive was surprisingly a very predictable vehicle," Flegel said of the performance testing results of the Ford models.

"With front-wheel drive vehicles, you kind of expect them to understeer (continue in a straight line when the steering wheel is turned). We did not get a whole lot of understeer with the new Interceptor."

But Ford didn't pigeonhole itself with a front-wheel drive only model. The company added an all-wheel drive version that comes with a 263-horsepower, 3.5-litre V6, or the turbocharged EcoBoost 3.5-litre with 365 horsepower and 350 pound-feet of torque.

"With the police that are used to their trusty Crown Vic, they might be a little suspicious of the new platform because it is a front-wheel drive platform," Cunningham said.

"But the all-wheel drive version within that platform adds to the flexibility, and that may be something that brings the police forces on board with the all-wheel drive."

From the rear-wheel drive Crown Victoria, to the sleek, front-wheel drive Taurus, there is no turning back now.

Ford Police Interceptor

The City of Chicago placed an order for 500 of the Ford Police Interceptor sedans and utility vehicles, not exactly breaking news since the vehicles are produced in Chicago, but still a big-market vote of confidence for the new models.

Service Directory To advertise contact Tricia Brommit at 444-8329 April 16

LEGAL NOTICE

IN THE MATTER OF: *The Companies Act*, being Chapter 81 of the Revised Statutes of Nova Scotia, 1989, as amended
-and -
IN THE MATTER OF: The application of **JAMS Investments Incorporated** for Leave to Surrender its Certificate of Incorporation.

NOTICE

JAMS Investments Incorporated hereby gives notice pursuant to the provisions of Section 137 of the Companies Act that it intends to make application to the Registrar of Joint Stock Companies of the Province of Nova Scotia for Leave to surrender its Certificate of Incorporation.

DATED at Halifax, Halifax Regional Municipality, Province of Nova Scotia, this 16th day of April, 2014.

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Horoscopes

♈ Aries
March 21 - April 20
There is no point trying to get partners and colleagues' approval for what you are planning while the effects of yesterday's eclipse still linger. Either push ahead on your own or wait until they are in a more receptive frame of mind.

♉ Taurus
April 21 - May 21
Refuse to get uptight about the little things that go wrong. At home and work it will seem as if people are deliberately letting you down but the truth is everyone is a bit confused, so make allowances.

♊ Gemini
May 22 - June 21
The only way you're going to move forward with a project is if you get backing from people who can help you overcome the obstacles you are going to face. Give it another day or two to say, "yes".

♋ Cancer
June 22 - July 23
It isn't worth wasting time and energy fighting about something that means nothing to you. Later on in the month you will get the chance to do battle for a worthwhile cause.

♌ Leo
July 24 - Aug. 23
You may have to defend what you believe in today, and you should do so with every weapon at your disposal. Don't ever forget that you are as entitled to your viewpoints.

♍ Virgo
Aug. 24 - Sept. 23
It isn't time for making money-related decisions. If you give yesterday's eclipse a few days to wane, you may find that what you thought was a good deal wasn't.

♎ Libra
Sept. 24 - Oct. 23
Partners and colleagues have the upper hand right now. There are powers that cannot be beaten by charm or force of personality, of which you have plenty. Just stay calm.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how eager you are to begin something you have every reason to believe will bring you fame and fortune, it might be best to wait. The Sun's change of signs on the weekend could lead to a change in your priorities.

♐ Sagittarius
Nov. 23 - Dec. 21
You can and will succeed a lot quicker if you get help from people who share your ambitions. Teamwork is the way to move forward and that, of course, means compromise.

♑ Capricorn
Dec. 22 - Jan. 20
You may have to own up to a transgression today but the moment you do, you will feel a lot better for it. You have been carrying a lot of burdens lately, not least the burden of a guilty conscience. Get past it.

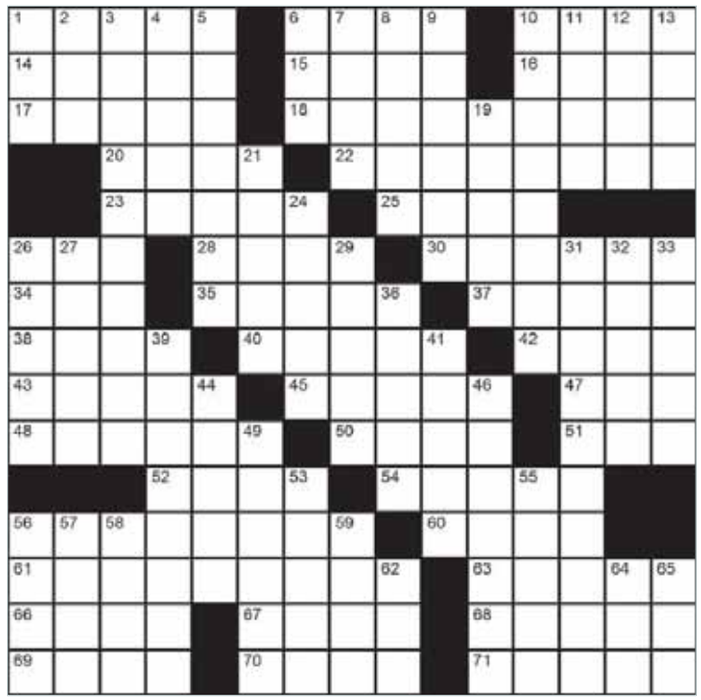
♒ Aquarius
Jan. 21 - Feb. 19
If you feel the need to go out and have a good time then do so and don't feel guilty about it. Put your troubles behind you and do whatever makes you feel glad to be alive.

♓ Pisces
Feb. 20 - March 20
You seem to reckless lately and if yesterday's eclipse somehow failed to remind you that's not a good thing to be then today's Mars-Mercury link most certainly will. Don't ignore warnings. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

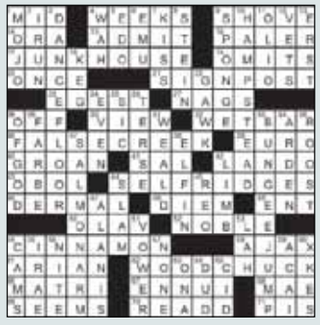
BY KELLY ANN BUCHANAN



Across
1. 'Herbie' of movies, e.g., _ _ __
6. Mr. Lugosi
10. Objective
14. "That's _ __ __!" (Remark to the naughty)
15. Eddie's "Beverly Hills Cop" (1984) role
16. Medical condition suffix
17. It takes __ __ tango
18. Yellow blooms of Spring
20. Pickle
22. Leonard Cohen's "So Long, __"
23. People of Eng.
25. Puppy's protest!
26. 1996 Snoop Dogg album: '__ Dog-gfather'
28. Apiece
30. 1994 Green Day album
34. Low-__ (Fuzzy, as images)
35. Journalist's coup
37. Salt-_-__
38. Hill-making creatures
40. Harold's pal (played by Kal Penn) in movies
42. Gibraltar, et al.
43. Previous
45. Freshen
47. Tit-for-__
48. Ontario: Community in Prince Edward County
50. Slangy sure
51. Fleur-de-__ [var. sp.]
52. Riot
54. Extra tire
56. "__ Highway" by Gordon Lightfoot
60. __ one's toe
61. Sops up again
63. Like a cloudless day
66. Military force
67. Odd, to a Scot
68. Lionel Richie song
69. Supermodel Kate
70. Feline's utterance
71. "Over the Rainbow" co-composer, Harold __

Down
1. Cistern
2. Compass pt.
3. Dream Warriors hit: "My Definition of a __ Jazz Style"
4. Beneath: German
5. J.Lo gets them after moving "American Idol" performances
6. Not good
7. Crammed for thing
8. Arthurian legend sorceress, Morgan __ __
9. The Dark Knight's trusted aid
10. Colas: 2 wds.
11. Pet Shop Boys hit: "It's _ __"
12. Ceramics oven
13. Feminine suffix
19. Pour __ __ troubled waters
21. Heap
24. Do heavy duty Spring cleaning
26. __ Family Singers
27. Montreal-born politician Mr. Bourassa (b.1868 - d.1952)
29. Comfortable
31. Cute-looking gym weight
32. "_ __ everyday that..." ('Holy'-sounding wish)
33. Map's to-the-right directions
36. Window parts
39. World famous auctioneer
41. Collects, as grains
44. 'Sunny' car areas
46. Chilliwack hit: "__ Gonna Do (When I'm Gone)"
49. 'We're Full' meaning at an inn: 2 wds.
53. __-Neuve-et-Labrador
55. Throne occupant
56. Prepare for the test hurriedly
57. Bubbly bar
58. Slams
59. River of Spain
62. Visited
64. Alcoholic beverage
65. J.K. Rowling character

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3	5					8	
9					7		4	
7			3		9	1		
	4			3		5		2
8		7		5			3	
		4	1		6			9
	6		4					1
	2					3	6	

Yesterday's Sudoku

3	8	6	2	5	7	9	4	1
2	4	9	1	8	3	7	5	6
7	5	1	4	9	6	3	2	8
5	2	3	7	6	1	4	8	9
6	7	8	9	3	4	2	1	5
1	9	4	5	2	8	6	7	3
4	6	5	8	7	9	1	3	2
9	1	2	3	4	5	8	6	7
8	3	7	6	1	2	5	9	4

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90%
Thursday
6°/-4°
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